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MMH

MEN'S MUSCLE & HEALTH

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+ Part 1 of our Push-Pull Program **P30**

REWRITE YOUR **P112**

FINANCIAL STORY

BOOST YOUR
TESTOSTERONE **P78**

CARBS

FRIEND OR FOE? **P132**



FUEL UP ON THE GO

With good fats from coconut **P15**

LIFE
AFTER
THE NRL

WHAT IS
DANIEL CONN
DOING NOW?

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POWER UP
YOUR DIET

FOR BETTER ENDURANCE

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IN DRAW

3 WIN
PRIZES

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**TRAIN
PLAY
RECOVER**

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ISSUE 8 ON THE COVER

Model: Daniel Conn

Cover Photo: Dallas Olsen

Cover Design: Leo Costa Leite

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LIFE AFTER THE NRL

After a severe neck injury ended his NRL career, Daniel Conn didn't know what to do next. Making the most of the cards he'd been dealt, Daniel turned to the one thing he knew best... fitness.



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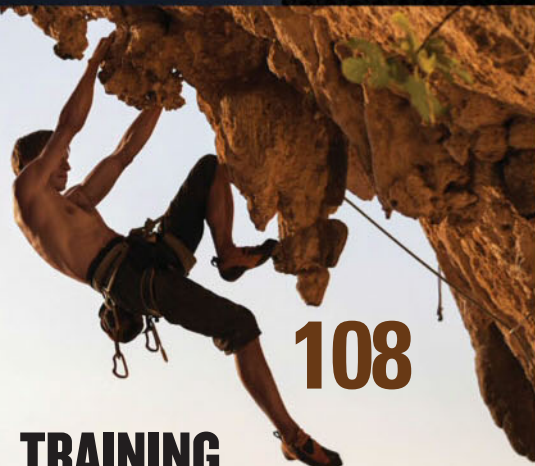
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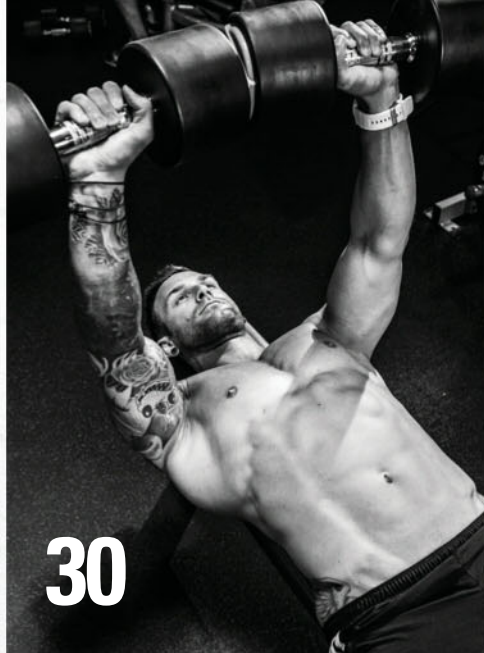
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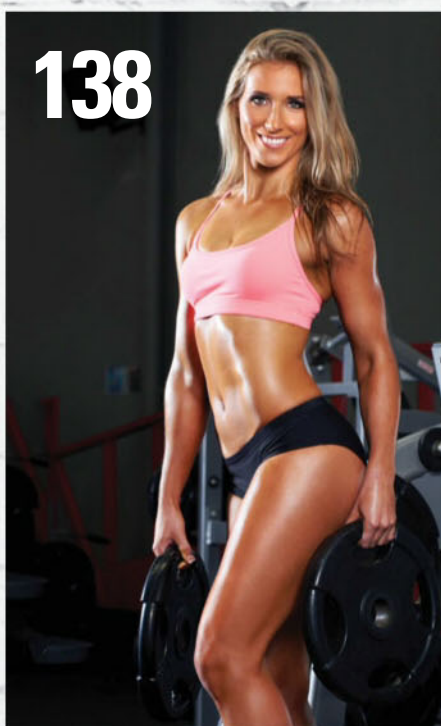
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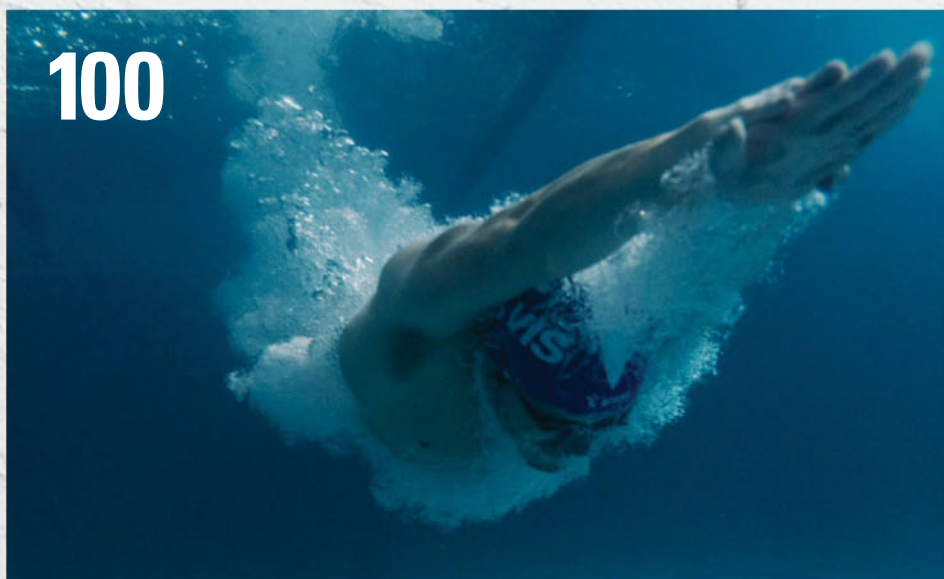
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Photo Credit: Scooter Moran

#TRAINSMARTER

Since the smartphone has come into our lives, it seems people are spending more and more time on social media and taking “selfies” rather than experiencing what is going on right in front of them. This technology takeover has filtered into all areas of our lives including at the office, in our relationships and worst of all... at the gym! Some guys spend more time updating their Instagram (#instafit) than they do actually working out.

Now, I’ll admit that when a new gadget comes on the market promising to make my life easier I’m

the first in line to buy it, but I also believe there is a time and a place for each of them. We need to bring ourselves back to the present moment, especially when it comes to our health and fitness. Not only is it important to stay focused in the gym to ensure the safety of yourself and those around you, but it is also proven that exercising mindfully enables you to recruit the right muscle group immediately and get the most out of every rep.

For me, I’ll be looking to train smarter not harder this year – and that includes switching off the distractions when I’m at the gym. Speaking

of training smarter, we were lucky enough to get ex-NRL star and elite functional trainer Daniel Conn into the studio to crank out one of his favourite workouts for the MMH readers (page 68) – and he didn’t check his phone once!

Also in this issue, Men’s Muscle & Health Ambassador Joel Bushby gives us part one of his push-pull workout (page 30), and we step out onto the running track as Reis Corby gives us a few stretches to perform prior to taking on Usain Bolt’s world record (page 58). Guy Borgas demonstrates a delt routine that’s worked for him (page 90), and

Anthony Calligeros’ triceps are put through their paces (page 50).

Each of these workouts has been designed with you in mind, and will hopefully encourage you to put down your tablet-of-choice and pick up something heavy instead. The average person checks their mobile phone 150 times a day... but who wants to be average? Switch off, train smarter and become extraordinary.

MMH

Dallas Olsen
Chief Photographer



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FITNESS MODEL DANIEL CONN IMAGE BY DALLAS OLSEN

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Men's Muscle & Health



Sonny Brown

Sonny Brown is a published Australian fitness model. His business Greater Heath specialises in competition preparation, boot camps and one-on-one personal training. He was voted Asia Pacific people's choice fitness model champion 2013. Sonny is an advocate of the fitness lifestyle and loves what he does for a living. He gets to help others reach their best both physically and mentally via training and nutrition. He lives on the Gold Coast and loves the beach, his family and being in great shape. His goal in life is to help others realise that fitness or weight training is so much more than just the physical. Anyone can achieve the body they dream with hard work and dedication. Feel free to check out his online training programs at www.greaterhealth.com.au



Belinda Reynolds BScNut&Diet (Hon)

Belinda Reynolds graduated with an Honours Degree in Nutrition and Dietetics in 2003. She has been involved in the complementary medicine industry for nearly 15 years - 10 of these working for BioCeuticals as a practitioner sales consultant, team leader, presenter, educator and writer, with an involvement in marketing and product development. Outside of this Belinda has spent time working in hospitals and lectured at the Australasian College of Natural Therapies.

Belinda's greatest passion is assisting practitioners in developing their knowledge by presenting new research in the area of integrative medicine. Now a mother of two, pre-natal, post-natal, infant and child health have evolved as subjects particularly close to her heart.



Kate & Kristina

Kate and Kristina opened the doors of their general psychology practice in Melbourne in 2008, and quickly established themselves as popular local therapists. They had long been drawn to clients who engaged in therapy for problems with anxiety or

depression, but also had weight problems.

Kate and Kristina and their team bring passion and commitment to the traditionally undervalued area of weight loss and weight management. Their focus is firmly on helping clients lose weight and keeping it off permanently, as well as prevention and education. Kate and Kristina are registered with the Australian Psychological Society, Directors of Your Weight Loss Experts and PS Counselling, and are authors of *Do You Really Want To Lose Weight* and *The Ultimate Guide To Training Overweight and Obese Clients: Fitness Professionals Only*. Visit PS Counselling www.pscounselling.com.au



Scott Brown

Scottie B spent nine years as a defensive and advanced driver trainer, both in Australia and overseas before the adventure bug struck! He has since been a full-time expedition instructor for over 16 years. Completing the rigorous Mountaineering course in the late 1990s, he moved into freelance expedition work before establishing his own adventure expedition company, running whitewater rafting, abseiling and rock climbing, sea kayaking, canoeing and remote area bushwalks. He now runs a camping store, undertakes niche customer expeditions and passionately believes that the mind and body can seriously recharge when out in the natural environment.



Greg Dolman

Greg Dolman developed an interest in sport from an early age. It was his involvement in rowing that led him to the gym, where he discovered his passion for lifting weights. After other gym members began to notice Greg and approach him to ask for assistance, he found the bodybuilding scene and began coaching his mates through the gym-to-stage process. Greg's interest in the working of the human body soon turned towards the effects emotions have on the different levels of the body's energy systems, and he undertook studies in kinesiology and healing modalities to expand

Arnold Classic Australia, VIC 13-15 March, 2015

Discover the latest in supplements, fitness equipment apparel and more at the 2015 Arnold Classic EXPO at the Melbourne Convention and Exhibition Centre. Set to become Australia's largest sport and fitness expo, the Arnold Classic will be packed with exhibitors and entertainment, including the Arnold Strongman Classic, bikini international and figure international competitions, weightlifting and powerlifting, arm-wrestling, the Arnold amateur bodybuilding finals, CrossFit and martial arts.

For more information, visit
www.arnoldclassic.com.au



Canberra Walking Festival, VIC 27-29 March, 2015

The Canberra Walking Festival is a non-competitive event open to everyone; a walk for all ages. The next walk will be held on March 27-29 and will be the 24th walk! Four walking events are offered over three days. Walkers choose their own walking challenge, from 5km to a full marathon (42.2 km). The 5km guided walk is designed for the over-75s and under-8s, plus their walking companions.

The walk is a member event of the IML Walking Association (IML) and also sanctioned by the International Federation of Popular Sports (IVV). The Canberra Walking Festival is a not-for-profit event, run entirely by volunteers and a proportion of all entry fees is donated to various community organisations.

For more information visit www.aussiewalk.com.au



ICC Cricket World Cup, AUS 14 Feb-29 Mar 2015

Various venues across Australia

The cricket World Cup is the flagship event of the international cricket calendar and one of the world's largest international sports tournaments. In 2015 it will be jointly hosted by Australia and New Zealand, kicking off on February 14 at the Melbourne Cricket Ground and climaxing with the final there on March 29. Australia will host 26 of the 49 matches in Sydney, Adelaide, Brisbane, Canberra, Hobart and Perth. Don't miss out on the opportunity to support your team as they compete against the world's greatest cricketers.

For more information visit www.icc-cricket.com/cricket-world-cup



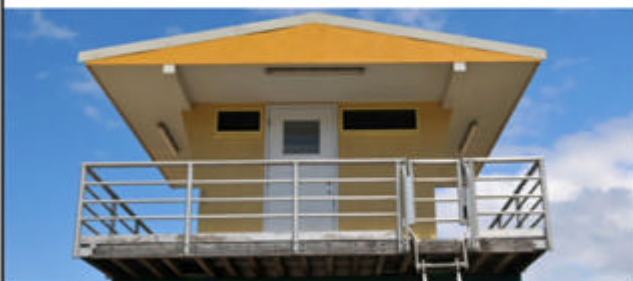
The Aussies, QLD 11-19 April, 2015

North Kirra Beach, Gold Coast, QLD

Be part of Surf Life Saving's largest annual event, returning to the Gold Coast in 2015. Join 7,000 surf lifesavers representing 311 clubs competing across 2 kilometres of beach in more than 380 events across 9 action-packed days. Showcasing Masters, Opens and - new in 2015 - the Youth Championships. The Aussies is the largest event of its kind in the world.

The purpose of The Aussies is to bring our national movement and community together in a safe and spirited celebration of the best of our lifesaving traditions, culture and sport.

For more information visit www.sls.com.au/aussies/event-info



5 MINS WITH GREG PLITT

CHECK YOUR PRIDE AT THE DOOR

"Pride is your biggest enemy in the gym. If you don't check your pride at the door to the gym, you can forget about any growth that day - or any day you bring it into your workout. Pride will see your worst nightmares come true in the gym because it allows you to be influenced by others. Pride will make you lift to impress, and as you attempt to throw up more weight than you can handle you will lose correct form and - more often than not - cause injury. The fastest way to achieve growth and increase strength comes only through perfect form, which usually entails lighter weight as growth isn't born from the weight lifted; it is born from the muscle burn created."

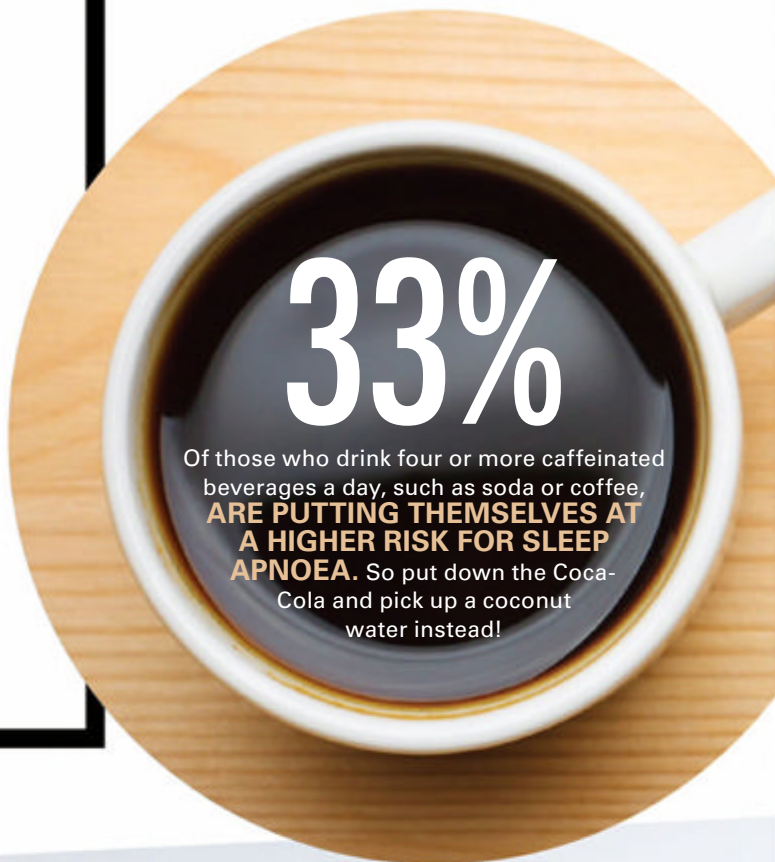
- Greg Plitt



TECHNOLOGY TAKEOVER

A tiny electrochemical cell developed by researchers from the MESA+ Institute for Nanotechnology in Holland is able to mimic the behaviour of medicine inside a human body. How a medicine reacts in the body to form different substances can now be simulated in a special fluidic chip developed at the University of Twente.

The miniature cell enables the rapid screening of new medicines. It is about 1,000 times smaller than the usual electrochemical cells and, according to the researcher, Mathieu Odijk, the advantage of its tiny dimensions is that very small samples are sufficient enough to carry out complete tests. Developers are now working on developing a measuring system within the chip to avoid using external measuring systems.



Of those who drink four or more caffeinated beverages a day, such as soda or coffee, **ARE PUTTING THEMSELVES AT A HIGHER RISK FOR SLEEP APNOEA.** So put down the Coca-Cola and pick up a coconut water instead!

RECENT RESEARCH:

PATELLOFEMORAL PAIN STUDY

Physiotherapists at Hawthorn's Complete Sports Care are undertaking an innovative study into the effect of blood flow restriction on increasing muscle mass and reducing knee pain. Occlusion training involves blood flow restriction with the use of a pneumatic cuff. The cuff is placed adjacent to a targeted muscle during exercise and can improve muscle size and strength without having to use heavy weights. Physiotherapy PhD candidate Lachlan Giles stated that this may offer an advantage over traditional strengthening

exercises as the patient may be able to improve muscle size and strength without the high joint loads. The clinical study will investigate the effect of quadriceps strengthening exercises with and without blood flow restriction. The focus is on pain, function, quadriceps size and strength in people with patellofemoral (knee) pain. Anyone interested in learning more about the study can visit www.completesportscare.com.au **MMH**

Photo Credit: Shutterstock.com

DID YOU KNOW?

When you sneeze, all of your bodily functions momentarily stop – even your heart!





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PUT DOWN THE ANTIBIOTICS

Using antibiotics when you don't need them may mean that they won't work for you when you really need them in the future. Antimicrobial resistance (AMR) is happening around the world, mainly because of the inappropriate and overuse of antibiotics. Bacteria change or mutate to protect themselves against an antibiotic. These changes mean antibiotics that previously would have killed the bacteria, or stopped them from multiplying, no longer work.

With increasing AMR, standard medical treatments become ineffective and infections persist. Health care professionals are left with limited or, in some instances, no available treatment options. The Australian Minister for Health, Peter Dutton, said we can all help prevent antibiotic resistance by understanding antibiotics only work against bacterial infections and do not have any effect on viral infections such as the cold and flu.

TAKE HOME MESSAGE
Take your antibiotics only as prescribed by your doctor and for the correct duration. Remember to wash your hands to avoid infections and prevent them from spreading.



AUSTRALIANS NOW LIVING LONGER

According to a report released in 2014 by the Australian Institute of Health and Welfare (AIHW), Australians can now expect to live a little longer! The report, *Healthy life expectancy in Australia: patterns and trends 1998 to 2012*, showed that

between 1998 and 2012, male life expectancy at birth rose from 75.9 years to 79.9 years; that's four extra years of loving life! And the ladies will be sticking around too, roughly an extra 2.8 years. We can also expect to live more of these additional years

free from disability. The report revealed that men who were aged 65 in 2012 could expect to live another 8.7 years without disability... good news for young and old!

TAKE HOME MESSAGE

The Australian Institute of Health and Welfare (AIHW) recommend a maximum energy intake of 20 per cent from sugars and just 10 per cent from saturated fats and trans-fats combined.



TAME YOUR TREATS

We all know that the treats we give ourselves aren't exactly healthy - and are usually high in energy and low in nutrients. Whether your vice is takeaway food, potato chips, chocolate biscuits, soft drinks or alcohol - on average, these extra 'treat' foods make up 36 per cent of the energy intake for Australian adults. Alarmingly, more than 9 in 10 people aged 16 and over also don't eat the recommended daily serves of fruit and vegetables.

100 CIGARETTES

Is all it takes to affect your breathing for life. Even if you gave up the smokes years ago, if you're over 35 years old and have previously smoked over 100 cigarettes, you could be a prime candidate for chronic obstructive pulmonary disease (COPD). According to the American Lung

Association, COPD (which may include emphysema, chronic bronchitis or both), robs sufferers of their ability to breathe. Once lung function is lost to this disease it cannot be regained, so it is important to recognise the symptoms and visit your GP early on. **MMH**

COCO-ALMOND CHILLER

Full of 'good fats' and all the stuff your body needs to build muscle, this coco-almond chiller is the perfect post-workout protein shake if you're looking to bulk the healthy way. But be warned if you're trying to lean out, this decadent drink is high in calories and deliciousness!

Ingredients:

- 70ml light coconut milk
- 250ml filtered water
- ¼ cup raw, activated almonds (soaked for at least 8 hours)
- 1 banana, peeled
- 1 scoop vanilla whey protein powder
- Ice

Instructions:

Blend the coconut milk, water, almonds, banana and ice on high for 45 seconds or until smooth. Add the protein powder to the mix and continue to blend for a further 15 seconds. Serves one.

Nutrients per serving

Calories: 461, Protein: 31.1g, Carbs: 32.2g, Fat: 24.4g, Sat. Fat: 9.4g

COCONUT MILK

Coconut milk is different to the juice that you can get straight from the coconut itself, and is instead derived from the coconut flesh. The saturated fat content in coconut milk is made up of short- and medium-chain fatty acids. These fatty acids are quickly converted by the body into energy and are full of lauric acid, which can help boost your immune system. While it is high in calories, coconut milk can make an excellent alternative for those suffering lactose intolerance or nut allergies, as it is full of many vitamins, minerals and electrolytes such as potassium, calcium and chloride.

ACTIVATE THOSE ALMONDS!

'Activated almonds' are a real buzz food at the moment. The term comes from soaking raw almonds for 12-24 hours to produce a softer nut that has essentially been 'activated' – meaning the germination process has begun. While there is no current research supporting this process, advocates believe the nuts become easier to digest and that soaking them eliminates certain phytochemicals that may prevent you from receiving the full nutritional benefits. Almonds alone provide 28 essential nutrients including vitamins, minerals, fibre, fatty acids and protein, so hey, if soaking them floats your boat – we say go for it!

610mg

the suggested daily dietary target of omega-3 fatty acids for men, as recommended by the National Health and Medical Research Council (NHMRC).



FISHY FINDINGS

IF YOU HAVEN'T ALREADY STARTED ON SOME FORM OF FISH OR KRILL OIL, NOW IS THE TIME. SORRY TO BREAK IT TO YOU, BUT WITH AGE YOU'LL EXPERIENCE THE SLOW DECLINE OF STRENGTH AND TONE IN YOUR MUSCLES. Fight it off by adding a healthy dose of fish oils to your diet. Mackerel and salmon are great foods to eat 2-3 times a week, but if you're allergic to fish then incorporate some omega supplements into your day instead and reap the benefits in the future.

TAKE HOME MESSAGE

Dr Mark Hyman MD, from drhyman.com, advises that you can help boost your glutathione levels by consuming sulphur-rich foods (think broccoli and cauliflower), a bioactive whey protein, supporting supplements such as fish oil and participating in 30 minutes of daily aerobic exercise.

GLUTA-WHAT?

Glutathione: it's one of the most important molecules in the human body to keep you young, fit and disease-resistant. Built from three amino acids (cysteine, glycine and glutamine), glutathione has been described as the "mother of all antioxidants" because of its ability to prevent ageing, cancer, dementia and a host of other diseases. The good news is there's no need to add another pill to your morning supplement regime – your body actually produces its own glutathione. However, factors such as pollution, medications, stress and poor diet can all contribute to depleting your glutathione stores.



Photo Credit: Shutterstock.com



IS SOY BAD FOR THE BOYS?

A study conducted by the Harvard School of Public Health has implicated that eating just half a serving of soy food a day can lower sperm concentrations in men. According to the study results, men with the highest soy food intake had 41 million sperm per ml less than those who did not consume any soy. But don't freak out just yet! While the higher intake of soy food did lower sperm levels, they were still within the normal range. The study was also based around processed soy foods and did not take into account the health benefits of unprocessed soy superstars such as edamame beans.

TAKE HOME MESSAGE

While it might not be a good idea to base your diet around highly processed soy products, edamame is a fibre-rich source of carbohydrates that can help prevent mood swings by keeping your blood-sugar levels in check. They are also a great source of protein, so eat up! **MMH**

A full-body photograph of a very muscular man with dark hair and a light beard, posing against a grey background. He is wearing bright pink briefs with light blue drawstrings. His right arm is raised behind his head, and his left hand is on his hip. The lighting highlights his muscle definition.

NEAT PACKAGE



TRAIN

THE TABATA WAY

You may have heard the term 'Tabata' training thrown around recently, but what exactly is it? It gets its name from Japanese scientist Izumi Tabata, who ran a study comparing moderate-intensity training with HIIT and discovered that high-intensity training actually increases aerobic and anaerobic system capacities – rather than just one or the other. The program consists of eight rounds of super-high-intensity exercises performed 20 seconds on, 10 seconds off. Although it only takes four minutes to complete a Tabata circuit, if executed correctly they may well be the hardest four minutes you've ever experienced in the gym!

TRY IT

Set up your timer for 20 seconds on and 10 seconds rest, and smash through the following exercises for a Tabata-style ab routine!

- Burpees
- Mountain climbers
- V-ups
- Bicycle crunches



GOLF FOR WEIGHT LOSS

From the outside, a good old game of golf appears to be quite a sedentary activity, and many hard-core fitness enthusiasts would say it has little value in terms of conditioning. But did you know you can burn 130 calories playing a round of golf... and this number only increases when you change up the variables. Walk the course instead of taking a buggy, carry your clubs rather than pulling them, and put in a few warm-up shots at the driving range before your game! It all adds up to keeping you happier, healthier and slimmer while doing something you love!



The number of extra calories burned per hour when you choose to carry your clubs for nine holes instead of taking a cart (based on a 85kg man).

Photo Credit: Shutterstock.com

« HATE INTERVALS?

Stick it out just a little bit longer! According to the California State University, cyclists had higher power output and less leg pain by their sixth session of high-intensity intervals. Over time, interval training boosts your muscle stores of glycogen and phosphocreatine which help fuel you during times of intense exercise. Study author Dr Todd Astorino advises that over time, your body adapts and you believe that your effort for the same activity actually declines. So keep it up! **MMH**





NEAT PACKAGE



Winner Men's Health Grooming Awards 2014 Best New Moisturiser and Best New Shaving Cream/Gel.

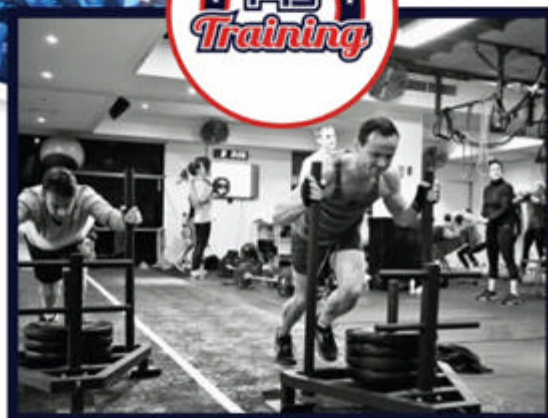
REVIEWS

WINNER WINNER!

Congratulations to Beau McKenna, the lucky winner of Nutrients Direct's "Win a Year's Worth of Protein and Supplements" competition. Beau has taken home a range of our best-selling products with total prizes valued at over \$2,000! With an extensive range of high-quality, great-tasting products made in Australia,

you're sure to find what you want at Nutrients Direct. Whether you're an athlete, a weekend warrior or just someone who cares about their health and how they look and feel, Nutrients Direct can assist with all your supplement needs.

View our entire range at nutrientsdirect.com.au



RIPPED LIKE WOLVERINE

The man who sculpted Hugh Jackman's ripped Wolverine physique has brought his celebrity-inspired workouts to Brisbane. Luke Istomin, who has also whipped A-listers including Ricky Martin, Joel Madden, Nicole Kidman, Leonardo DiCaprio and Tobey Maguire into shape, has now launched F45 Training facilities at West End, and is soon to open in East Brisbane. F45 Training workouts are phenomenal... innovative, high-intensity group sessions with cutting edge technology recording your results as you work out. The music is electric and the atmosphere is addictive.

For more information, contact F45 Training Brisbane via phone: 1300 100 480, email: westend@f45training.com.au or visit the website: f45training.com.au



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CAN ACUPUNCTURE IMPROVE YOUR SPORTS PERFORMANCE?

By Dr Shura Ford

Are you looking for an edge to your training? Have you considered incorporating acupuncture into your health maintenance and fitness regime?

Registered acupuncturist and herbalist Dr Shura Ford (doctor of Chinese medicine) explains what acupuncture is and how it may increase your athletic performance.

Acupuncture is one of the core therapies of Traditional Chinese medicine (TCM). TCM is a system of natural medicine that has been used for thousands of years for the preservation and enhancement of health. Acupuncture involves the insertion of fine sterile needles (as fine as a human hair) into selected point sites according to an individual's TCM health assessment. Each acupuncture point has a particular function; once stimulated with a needle, this function is activated. Needles are single-use, disposable and retained for around 30 minutes. Acupuncture is not painful as many people would expect, it can in fact elicit a deeply relaxing feeling and many people fall asleep during treatment. The principle of TCM is to attain balance and synergy of the body and mind, a concept not foreign to athletes who constantly use the power of their mind to push through pain barriers and challenge their bodies. When the body is in balance there is an abundance of Qi (life force/energy) flowing through the meridians of the body. If the flow of Qi is disrupted, the body will exhibit signs and symptoms of distress, leaving you with diminished mental capacity and vulnerable to injury.

Photo Credit: Shutterstock.com



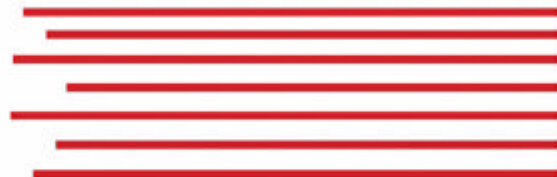
Acupuncture and dry needling are not the same thing. Acupuncturists needle into acupuncture points or non-acupuncture points. Practitioners administering dry needling only needle into non-acupuncture points and only use dry needling for musculoskeletal conditions.

Acupuncture points are anatomical structures that have high-density vascularisation whereas non-acupuncture points do not. These

microvascular density characteristics have been clearly identified using MRIs, CT scans and ultrasound, which show a clear distinction between the two types of points.

Non-acupuncture points such as trigger points are areas of muscular pain or tension. When palpated or needled, these trigger points elicit a painful response. Needling into these structures will most often cause a twitch in the muscle and can be extremely painful and needles are not generally retained.

HERE ARE **FIVE** ACUPUNCTURE MAY INCREASE **WAYS** YOUR ATHLETIC PERFORMANCE:

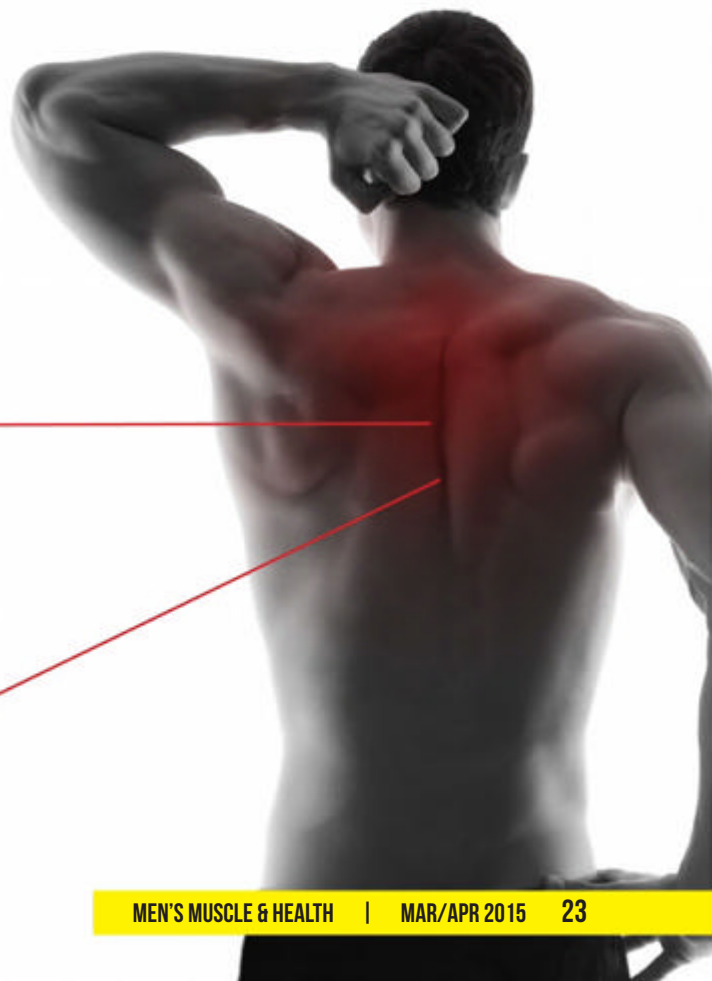


1. Injury treatment

Acupuncture is well known for its ability to treat pain. In 2014, trials at four Melbourne emergency departments found that acupuncture was as effective as analgesic medication in cases of back pain and broken ankles. Acupuncture also reduces muscular spasm, disperses swelling and bruising at injury sites and inflammation associated with injuries. The reduction in inflammation improves joint range of motion and decreases healing time. The ability of acupuncture to perform these functions is through the enhancement of circulation and modulation of the body's inflammatory response.

2. Benefits general health

Acupuncture is a preventative medicine; its origins lie in the ability to promote health and not only treat illness. Acupuncturists can use points to improve immune function and boost energy and stamina levels to allow you to perform at your highest level and beyond.



3. Aids training recovery

The restorative powers of acupuncture are valuable to aid muscle recovery and fatigue. Acupuncture boosts the restorative functions of the body allowing healing to occur after hard workouts where micro-tearing muscles aids growth.

Because acupuncture enhances circulation it is useful post-training or event to minimise muscle fatigue. It is also effective in adrenal processing and can help the body ease into a wind-down phase post-event or training.

4. Improves muscular rehabilitation

Acupuncture can be applied in the corrective and rehabilitative phase of soft tissue dysfunction to restore and maintain the normal integrity of the soft tissue structures including the muscles, tendon, ligaments and fascia. Acupuncture is often used to stabilise muscle weakness, and is a powerful therapy following injuries such as dislocations. It can also be used to improve muscle imbalance and weakness that leads to dislocations such as VMO (vastus medius oblique) weakness.

5. Enhances mental clarity and tenacity

Acupuncture connects the body and mind and stimulates the body to produce its own natural pain killers, anti-inflammatory and anti-stress hormones. These hormones generate endorphins and feelings of euphoria, inner calmness and relaxation. Acupuncture provides psychological empowerment, improves clarity and perception and creates a winning edge. It allows you to maintain focus on your training goals, enhancing willpower, motivation and mental strength. These qualities are essential for endurance events such as marathons but are just as important for the everyday trainer or athlete who wants to build or improve their strength, balance and endurance and rid themselves of excuses and laziness!



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Every athlete knows to be your best you have to continue to push your body to and beyond its limits. Is it unreasonable for your body to need some attention to achieve that? Invest in your body as you would your car. Do you drive your car every day? Do you wait for your car to break down before you fix it or do you service it a couple of times a year? You may be able to trade your car in for a newer version but you'll have that body of yours for life and it is far more valuable than a car – so look after it! **MMH**

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ABOUT THE AUTHOR

Shura is a registered acupuncturist and Chinese herbalist with 14 years of clinical experience. She is co-founder of Ford Wellness Group, an allied health clinic in Essendon, Melbourne. Shura is passionate about health and wellness and loves to assist her clients to be the best version of themselves. She provides treatment options for chronic and acute ailments, facilitates supportive rehabilitation and encourages self-empowerment and healing for health, wellness and balance. She has a special interest in the field of sports medicine.

Find out more about Shura at www.fordwellnessgroup.com.au or follow her on facebook.com/fordwellnessgroup



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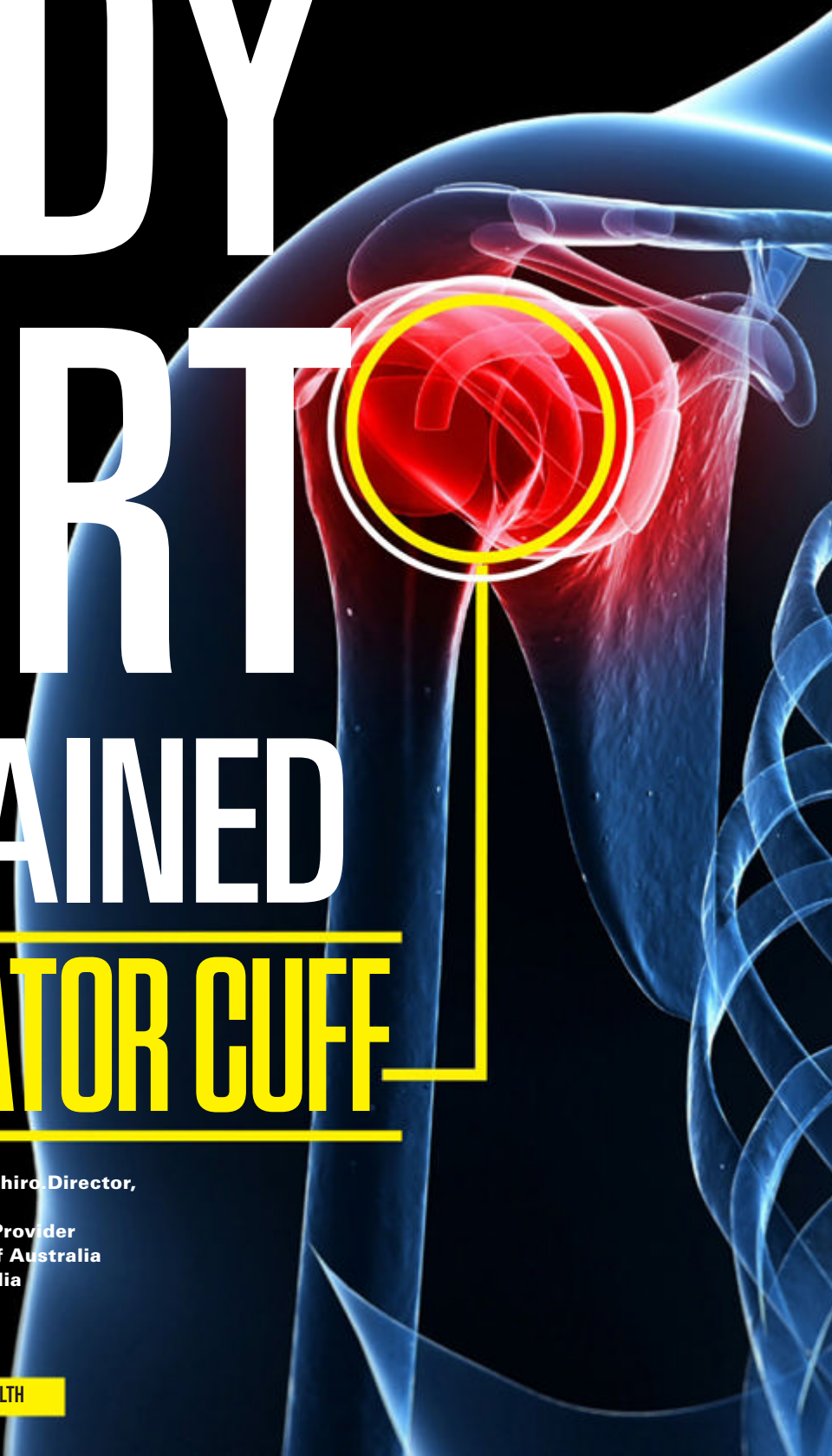
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BODY PART EXPLAINED

THE ROTATOR CUFF

BY: **Dr. Matthew Davidson B.Sc., M.Chiro** Director,
Hope Island Chiropractic Centre
Certified Active Release Technique Provider
Member, Chiropractic Association of Australia
Member, Sports Chiropractic Australia





DAMAGE TO THE ROTATOR CUFF MUSCLE GROUP IS ONE OF THE MOST COMMON CAUSES OF SHOULDER PAIN. WHETHER YOU'RE A THROWING ATHLETE, SWIMMER, WEIGHT TRAINER, PHYSICAL THERAPIST OR EVEN OFFICE WORKER, ROTATOR CUFF INJURIES ARE OCCURRING MORE FREQUENTLY. A NORMAL FUNCTIONING SHOULDER IS ESSENTIAL FOR MANY TASKS INSIDE AND OUT OF THE SPORTING WORLD. SIGNIFICANT IMPAIRMENT OF THIS MOBILE AND HIGHLY FUNCTIONING JOINT CAN IMPEDE GREATLY ON THE ACTIVITIES OF DAILY LIVING.

Functional Anatomy

The rotator cuff is a dynamic stabiliser of the humeral head by way of force-couple relationship. By this we mean if one pulls in a certain direction, the other counterbalances it.

Four muscles: the supraspinatus, infraspinatus, teres minor and subscapularis make up the rotator cuff. These muscles are considered to be part of a "cuff" because the inserting tendons of each muscle blend or mould with and reinforce the glenohumeral capsule of the shoulder.

Nerve supply for the supraspinatus and infraspinatus is by the suprascapular nerve. The teres minor is supplied by the axillary nerve; the subscapularis the upper and lower subscapular nerves.¹

The rotator cuff is a humeral head depressor (subscapularis, infraspinatus, and teres minor contributing). It balances shearing forces that are applied by larger prime-moving muscles such as the deltoid and pectoralis major. The role of the supraspinatus primarily is to compress the humeral head, not depress it.²

When rotator cuff function is impaired the corresponding normal fulcrum of the humeral head is lost, causing an upward displacement and impingement of the subacromial structures and humeral head against the under surface of the acromion. A fulcrum is best described as the point or support on which a lever pivots.³

Supraspinatus:

The function of the supraspinatus is to act primarily as a stabilising compressor of the glenohumeral joint. It therefore creates a fulcrum for the

deltoid to act much more efficiently. At the start of arm abduction from a neutral position, the supraspinatus is more important than the deltoid. The medial portion of the deltoid is of greater importance when the arm is elevated at higher angles such as 60°.

Infraspinatus and Teres Minor:

These muscles act as external rotators with the posterior deltoid. According to Kronberg et al, the infraspinatus is more active than the supraspinatus muscle from 120° to 150° abduction.⁴ This explains why the infraspinatus is affected in prolonged overhead activities.² The infraspinatus and teres minor muscles also act as dynamic stabilisers, compressing and depressing the shoulder joint. This creates a fulcrum of the deltoid during elevation of the arm that limits anterior and posterior shoulder translation.²

Subscapularis:

Its function is to act as a dynamic internal rotator. It also contracts eccentrically to protect the shoulder during external rotation. EMG studies have shown more contraction in the subscapularis than the concentrically contracting infraspinatus.² The subscapularis also acts to passively stabilise excessive anterior translation during external rotation below 90°. This is done through the depressor effects of its lower fibres.⁴

CONTINUED ON NEXT PAGE ➞

Strengthening:

See Men's Muscle & Health Sept/Oct 2014 issue Shoulder Impingement by Stent Card (MPhty., BExSc). Page 43 of issue five contains excellent tips on performing effective rotator cuff strengthening exercises.



A range of pull, push, external and internal rotation exercises are excellently demonstrated. Your physiotherapist or sports chiropractor may also introduce functional exercises and training tools using bands, tubing or cables. These exercises can mimic movements done in the workplace and everyday activities such as starting a lawn mower or putting a seat belt on in the car. Exercises in scapular setting can also be given to "wake up" the deep stabilisers of the shoulder girdle (serratus anterior and lower trapezius).

What Can Go Wrong: Interesting Facts about Rotator Cuff Tears

The causes of rotator cuff tears are varied, and likely a combination of age-related degenerative change and micro- or macro-trauma. Smoking, high cholesterol and family history have also shown to predispose individuals to tearing.⁵ Rotator cuff disruption may be characterised as partial or full thickness, acute or chronic, and traumatic or degenerative. No two rotator cuff tears are the same.⁶

Partial tears close to the bursa (a fluid-filled sac reducing friction located high in the anterior shoulder) are frequently associated with impingement syndrome, and tears closer to the joint surface may be associated with underlying shoulder instability.⁶ Partial tears present as fraying without complete disruption of the tendon.

Full thickness tears are present in approximately 25 per cent of individuals in their 60s and 50 per cent of individuals in their 80s. Asymptomatic full thickness tears are common and increase with age. 50 per cent of asymptomatic full thickness tears develop symptoms in approx 2-3 years and 50 per cent of those developing symptoms progress in tear size.⁵

Symptomatic full thickness tears progress in tear size in 50 per cent of cases at an average of two years. Tear size progression correlates with increasing symptoms.

Partial thickness symptomatic and asymptomatic tears progress in tear size slower than full thickness tears. Tear progression is associated with worsening pain.⁵

Treatment:

According to Dr. Robert Tashjian MD, initial non-operative treatment should be considered in all patients with tendinitis, partial thickness tears, small (<1-1.5cm) full thickness tears, all chronic tears in an older age group (>65 years) and all large tears with chronic, irreversible muscle changes.⁵ A different approach to conservative treatment is through Active Release Techniques®. ART® considers unique restrictions that occur in each shoulder injury, as well as the impact those injuries have on other soft tissue structures along the entire kinetic chain of the shoulder. Evaluation of the entire rotator cuff must be assessed for relative translation and, if restricted, that muscle must be released in order to restore optimal biomechanics to the shoulder joint.⁷

Rehabilitation should be gradual, beginning with isometrics and gradually progressing through a strengthening program.

Full thickness tears are surgically repaired by an orthopaedic surgeon, particularly in younger and more active individuals. Sporting athletes are certainly amongst this group and outcomes are usually good for appropriately selected patients. However, high quality evidence-based research is lacking to conclude what surgical treatments are superior or appropriate for a given patient.⁸

MMH

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PUSH-PULL SERIES:

PART 1

Written and demonstrated by Joel Bushby
Images by Dallas Olsen

In this issue, we will be running through the 'PUSH' element of the PUSH-PULL Series.

I believe in stimulating as many muscle groups in one session as possible, so for this workout I will be demonstrating a number of pushing exercises in all directions. There are hundreds of different ways to perform these movements but for this session I have chosen one exercise for each movement. Feel free to get creative and add your own exercise to the movement, for example: leg press can be changed to a squat or a lunge. As long as it is a pushing movement, you're doing it right. This workout can be done up to three times per week, incorporating the pulling movements on the other days. Make sure you grab a copy of MMH issue 9 for the next part in the PUSH-PULL series. **MMH**

EXERCISE	SETS	REPS
LEG PRESS	3 sets	12 to 15
STANDING SHOULDER PRESS WITH DUMBBELLS	3 sets	15 to 20
FLAT DUMBBELL CHEST PRESS	3 sets	8 to 12
TRICEPS PUSHDOWN WITH ROPE	3 sets	15 to 20
CABLE FLYES	3 sets	15 to 20



Location: Anytime Fitness, Noosa



LEG PRESS

TARGET MUSCLES: Quads, hammies and glutes

SET-UP: Set desired resistance on leg press machine, sit down on the machine and place your feet shoulder-width apart on the platform directly in front. Lower the safety bars holding the weighted platform and press the platform all the way up until your legs are fully extended in front of you. Keep your knees slightly bent.

ACTION: Lower the platform until your upper and lower legs make a 90-degree angle. Push back to the starting position.



STANDING SHOULDER PRESS WITH DUMBBELLS

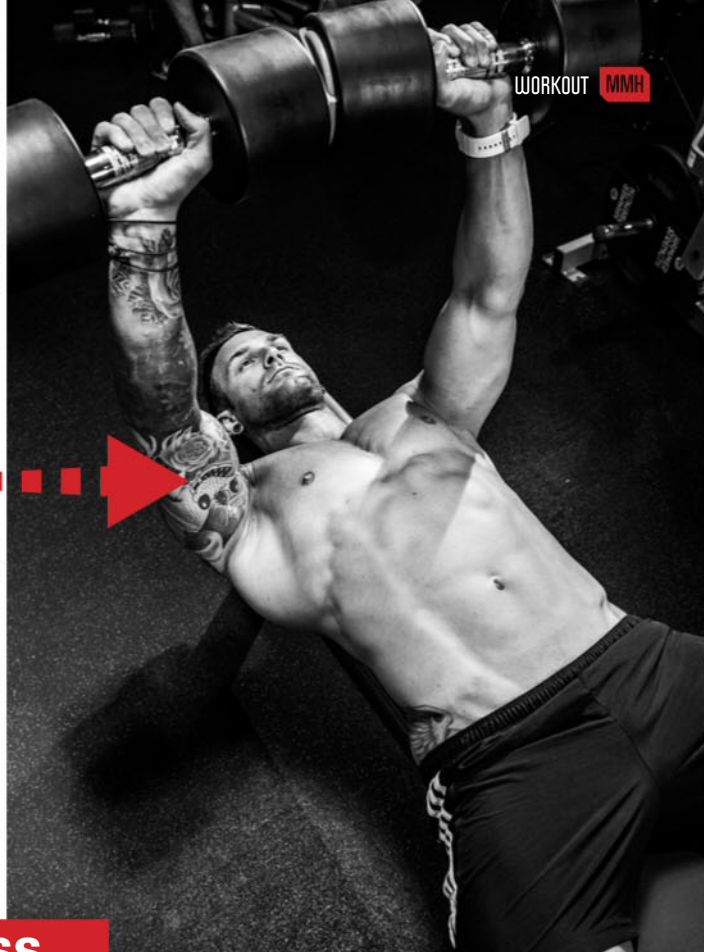
TARGET MUSCLES: Deltoids (shoulders)

SET-UP: In a standing position, hold a dumbbell in each hand. Raise the dumbbells to shoulder height by curling the dumbbells up by your biceps. Rotate your wrist so your palms are facing forward.

ACTION: Push the dumbbells towards the ceiling until they touch, then slowly return to starting position.



Location: Anytime Fitness, Noosa



FLAT DUMBBELL CHEST PRESS

TARGET MUSCLES: Chest and triceps

SET-UP: Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs. The palms of your hands should be facing each other. Using your thighs to help raise the dumbbells, lift them one at a time so that you can hold them in front of you at shoulder-width.

Once at shoulder-width, turn your wrists forward so

that the palms of your hands are facing away from you. The dumbbells should be just to the sides of your chest, with your upper arm and forearm creating a 90-degree angle. Be sure to maintain full control of the dumbbells at all times.

ACTION: Use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly to starting position.



TRICEPS PUSHDOWN WITH ROPE

TARGET MUSCLES: Triceps

SET-UP: Attach a rope attachment to a high pulley and grab with a neutral grip (palms facing each other). Bend slightly forward from the waist, keep your chest proud, bring your upper arms close to your body. The forearms should be pointing up towards the pulley as they hold the rope.

ACTION: Using the triceps, push the rope down to your thighs, hinging at your elbows. Slowly return to starting position and repeat.



CABLE FLYES

TARGET MUSCLES: Chest

SET-UP: Adjust the cable to shoulder height and required resistance. With a slight bend in your elbows, step forward in front of an imaginary straight line between both pulleys while pulling your arms together in front of you. Your torso should have a small forward bend from the waist.

ACTION: With a slight bend in your elbows in order to prevent stress at the biceps tendon, extend your arms to the side (straight out at both sides) in a wide arc until you feel a stretch on your chest. Return your arms back to the starting position. Make sure to use the same motion back to starting position.



Location: Anytime Fitness, Noosa

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FOUNDATIONS FOR

SUCCESS

By Geoff Edwards

By looking at your life in a new way,
you can learn how to lay the foundations of success

To create foundations for success in any area of your life - whether it is business, health and fitness, or relationships, is about looking at all aspects of your life. For example, what have you learnt from past experiences that you apply to today, or do you repeat old patterns? Do you really know what drives you, or do you become easily distracted and bored? Are you really committed to success, or does this just last a few days? If there are any messages here for you after answering these questions, then there is an opportunity for change and building new foundations for you. This article shares ideas that you may like to consider in your journey to success based on insights I have gained through performance coaching I provide.

Photo Credit: Shutterstock.com

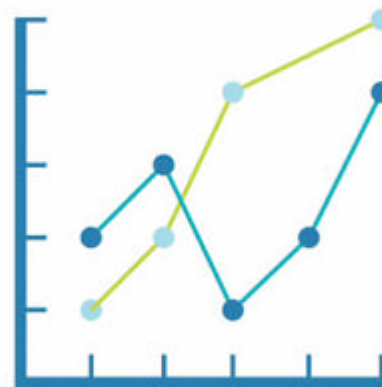
TRENDS AND PATTERNS

One way to start looking at a more successful approach is to recall experiences in your life to date. As you do that, you will probably start to notice patterns in the types of activities you have found most rewarding. For example, you may discover that the experiences you enjoyed most were when you were totally motivated, maybe working with people, expressing your creativity, or stepping out of your comfort zone. Likewise, you will probably find patterns in the activities you have found to be most frustrating. List all of these insights.

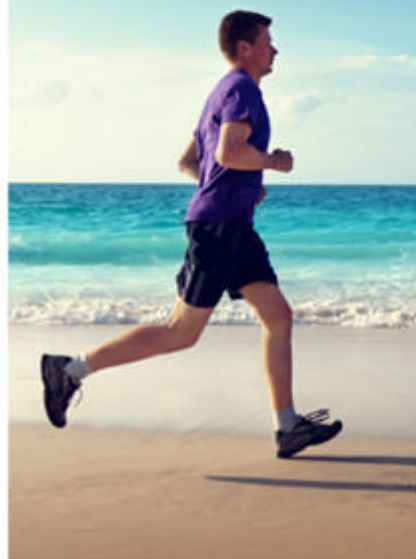
Your next assignment is to go to a number of people and ask them

what they think you are good at. It is important to ask these people to be as honest and as frank as they can be. You are not asking them what they think you might be good at; you are asking them what they know you are good at. That requires honesty and openness. You may be surprised at some of the answers they give, but that doesn't matter. What matters is their perception of you and your qualities.

By taking stock of your past experiences you can lay the foundation for your future dreams, as you are deciding not to repeat past disempowering patterns.



"Studying and practising the habits of successful and driven individuals creates the right mindset for success."



INCREASE YOUR DRIVE

Does your approach to success vary? If you are trying to achieve your exercise goals, you could hit the snooze button one morning after a late night out and then immediately feel guilty that you missed an exercise session. This may cause you to believe that you have failed. The alternative is to think what you have achieved over a period of time and realise that you probably needed to rest – after this you will approach your next session with renewed vigour!

If you are trying to build your business and boost your success, you could consciously say on one hand, more commitment, more focus and better time management but then find yourself chatting on Facebook, checking emails and generally being distracted from doing the things you need to do. Being distracted can be a sign that "the other side" of us shows up, which is also to do with unmet needs.

So what are your options to maintain your drive to success? It

is important to take note of how you feel daily and whether you are totally driven or distracted and note what distracts you. Also, what are your beliefs, attitudes and behaviours when you are feeling distracted? Knowing patterns of behaviour, leads to new awareness and growth.

Take a moment to imagine the single biggest thing that motivates you to succeed. If you want to be your own boss, win a fitness competition, start a charitable cause or write a book – what is the biggest driver of those desires?

- Is it money? Status? Fame?
- Do you want more time with your family?
- What about security?
- Do you love doing something so much that being able to do it for a living drives you?
- Do you need the autonomy of working for yourself?

ACCOUNTABILITY

In any new aspect on your life you may be pursuing, having accountability is another key to success and the first person you need to be accountable to is yourself. A great way to

do this is to write your own personal contract, outlining what your goals and actions are and when you are going to achieve them - and then sign that together with someone else as your partner in success. In addition, studying and practising

the habits of successful and driven individuals creates the right mindset for success. Arranging a support network on your journey to success can increase your drive and motivation. This can be a partner, coach, personal trainer or attending

group fitness class in the case of exercise goals. Also, with the rise of social networking sites such as Facebook and Twitter, this means that you can go to cyberspace for diet and fitness support.

CONTINUED ON NEXT PAGE ➔

We spend about 3.6 hours online every day, messaging, updating and tweeting. There are 50 million messages tweeted every day. Twitter, an instant message-style service that allows you to notify your "followers" of every thought or action in 25 words or less, can help you use your network to support your fitness goals.

MENTAL TOUGHNESS

Athletes, coaches, sports psychologists, and popular media are in broad agreement that mental toughness is a critical ingredient in the making of a champion. Mental toughness is the psychological construct that differentiates champions from the many sub-elite athletes who seem to have the physical characteristics and sporting skills to be champions yet do not make the grade.

To help you achieve performance breakthroughs, please take the time to carry out the process below. It can be the difference between failure and success.

- Identify the breakthrough you want to achieve.
- Identify the reasons, fears and projected obstacles (stories) as to why it cannot be done.
- Ask yourself: do I have clear evidence that these stories are real or do I believe them to be real?

- If the fears, reasons and projected obstacles are imaginary, don't let them stop you from carrying out the actions necessary to achieve your breakthrough.

By using this process, you will find that often the things that stop us from achieving breakthroughs is not that your actions won't work, but rather our fears and beliefs that prevent us from carrying out the actions to begin with. As an elite performer, you need to practise this process on a daily basis in order to raise the bar of success for you.

Not allowing your fears and beliefs to prevent you from carrying out new actions will also provide you with the qualifications and confidence you will need to coach others in achieving greater success.

FOUNDATIONS FOR SUCCESS:

- Consider what your life has been about so far i.e. successes, achievements and areas to change
- Know what drives you i.e. challenge, variety
- Create accountability with yourself and someone else
- Work on creating resilience for you
- Check your focus each day and if it is aligned to your purpose

- Take note of subtle messages on the way as these could change the journey
- Reward yourself for success

Overall, what I have discovered in working with individuals is that by looking at all aspects of their lives, success can be created in an exciting new way. I welcome any feedback on my articles, or suggestions for future topics. In addition, if you would like to share any successes that you feel excited about, please let me know. **MMH**



ABOUT THE AUTHOR

Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com or through his website www.geoffedwards.net

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EVER FELT LONELY IN A CROWD?
OR SO LONESOME YOU COULD CRY?

HAVE YOU FOUND YOURSELF WALLOWING IN SELF-PITY BECAUSE EVERYONE ELSE IN THE ENTIRE WORLD HAS SOMEONE TO GO OUT WITH ON SATURDAY NIGHT, EXCEPT YOU?

ARE YOU THE GUY WHO SITS AT HOME ON THE XBOX OR COMPUTER, TRYING TO DISTRACT YOURSELF FROM THE GLARINGLY OBVIOUS FACT – YOU’VE GOT NO FRIENDS, LET ALONE A MEANINGFUL INTIMATE RELATIONSHIP?

Feeling lonely can be depressing. You feel empty, like you’re missing out. And if you’ve been feeling like this for a long time, you might have lost the art of connecting with others. Or maybe you never had it in the first place. Whichever way you look at it, loneliness can be a curse.

The grand-daddy of psychology, Sigmund Freud, introduced the term ‘loneliness’ into the psychology field in 1939. That doesn’t mean no one was lonely before the 1940s. It just means he was the first to identify it as a human condition that could be studied.

Freud explored how a person’s personality could be completely changed after an experience of loneliness. Think about that for a moment. I guess if you’ve struggled with the isolation and sadness of being lonely, you’re likely to do anything you can to change yourself so it doesn’t happen to you again. Loneliness is that powerful. In fact, Freud was commenting on a phenomenon widely regarded by observers of human behaviour to have existed since the dawn of time, and to be common across all cultures.

In the psychological literature today, three main types of loneliness have been identified: psychosocial, existential, and pathological.

Psychosocial loneliness is regarded as ‘ordinary loneliness’, and is unrelated to pathological loneliness (experienced by people who are severely disturbed or psychotic). It is also unrelated to existential loneliness (the knowledge that as mortal beings we will one day die alone).

And so (you guessed it), it’s psychosocial loneliness we’re looking at in this article.

As with all things psychology, the boffins at universities have studied loneliness from many different angles and have designed lots of clever experiments to tease out all the elements... while the cool chicks working face-to-face with clients in private practice deal with loneliness in session on a daily basis. (No prizes for guessing which group we belong to).



Here's what those uni studies have found:

- Loneliness can be an individual feeling, but can also spread through a social network
- A lonely person can demonstrate their experience of loneliness through closed body language and negative verbal language that leads other people to feel lonely themselves
- For lonely people, the social world is a threatening place, and they think negatively about other people
- Thinking negatively about people leads a lonely person to treat other people negatively, often in very subtle ways
- Treating people negatively can also be catching, and soon a subtle spread of negative thinking and treatment spreads through a group

- Meanwhile, lonely people are isolated – their expression of loneliness makes other people feel uncomfortable, so they are avoided
- Before long, lonely people find themselves on the fringes or even excluded from their social circle
- While it's usual for people to feel lonely from time to time, for some loneliness can become an ongoing problem
- When loneliness is ongoing, it has been associated with more serious conditions such as depression, sleep problems, high blood pressure and increased risk of dementia in older age
- Not surprisingly, there's a strong association between loneliness and shyness.

So what can lonely people do to put a stop to the cycle of loneliness? Remember that loneliness is a self-perpetuating state – when you feel lonely, you are more likely to view the world as a threatening place, make negative judgments about others and give off uninviting signals (body language, verbal cues). Being aware of this is the first step to counteracting it.

Smile and make an effort, even though you feel like retreating into a corner or going home. Seek out others when you have a problem, rather than going it alone. Identify an interest outside work and home, and develop it. Reconnect with friends and family. Call instead of texting or emailing.

Learning how to

communicate with others is all about switching the focus from you to the other person. Focus on the other person rather than how self-conscious you're feeling, or what negative things you imagine the other person is thinking about you.

Most people love talking about themselves and what they've been up to. Make it your business to find out about your family and friends – a project if you will – become the expert.

Ask questions that require a detailed answer, rather than a 'yes' or 'no' response. For example, instead of asking, "did you have a good weekend" which only requires a 'yes' or 'no' response, ask "what did you do on the weekend?" Listen carefully to the response and remember for following up next time.

Gather information in a genuine way – your friendships will thrive as you respectfully nurture your relationship.

Social Media and Connectedness

If you're under 25, you would have heard your parents and their friends worrying about the amount of time 'young people these days' spend connecting to their friends on social media.

Texting, Facebooking and YouTubeing was seen as anti-social, and potentially damaging to a young person's well-being.

But research has shown that if it's used in conjunction with face-to-face socialising, it's beneficial. People who invest time in maintaining social media friendships feel less lonely and more

connected to their social group.

It's thought that it's only a problem if it's used in place of face-to-face relationships, or it's out of proportion.

Ask your mum how much time she spent on the phone after school when she was a kid (yes, hard though it is to believe, she once was young). Social media is just the new evolution of connecting with friends.

And here's some good news: even playing games online with friends is considered socially healthy.

You can bring that gem up at the next family get-together and watch your father puff with indignation. (Never forget, in his day kids were sent out in the street to mess around with a footy).

When loneliness turns into depression

Research tells us that for some people, loneliness can lead to depression. If you are concerned about yourself or someone you know, seek help – these issues can be serious. Your first port of call is your family doctor. For more information visit www.beyondblue.org.au

So, for the final word on loneliness.

DON'T WALLOW IN IT. PULL YOURSELF OUT OF YOUR FUNK AND ATTEND TO YOUR FRIENDSHIPS. AND IF YOU FEEL LIKE IT'S ALL TOO HARD, OR YOU DON'T KNOW WHERE TO START, SEEK PROFESSIONAL HELP. IT'S NOT OKAY TO SPEND YOUR LIFE FEELING ALONE AND LONELY. AND IT'S RELATIVELY EASY TO FIX. MMH



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STRETCHING AND ITS PERFORMANCE EFFECTS

By Stent Card (MPhty., BExSc)
The Reh-Ab Man

Stretches demonstrated by Caleb Gilchrist
Trainer: Lenny Chadd
Images by Dallas Olsen

Stretching is a very common aspect of many fitness regimes. Flexibility and strength are required in common daily activities and are fundamental to many sports. Specific training for flexibility and strength is widely prescribed for those looking to attain greater fitness levels, quality of life and physical ability. Flexibility can be affected by a few factors including over-activity, inactivity or injury. In addition there is a large genetic aspect to flexibility. A common theme for most to believe is that stretching prior to physical activity is beneficial. However, there is now a substantial amount of scientific evidence to suggest strength is negatively impacted post-stretching. This can be seen on a day-to-day basis on the sporting field or in the gym. For example: we walk into a gym, perform a few static stretches then lift. If you are guilty of this - as I have been in the past - read on to improve your performance by learning when to stretch and how to stretch.



PHOTO CREDIT: SHUTTERSTOCK.COM

Flexibility

Static and dynamic stretching are the two different types of flexibility. Dynamic flexibility is the amount of movement available at a joint as a result of muscle contraction. Static flexibility is the amount of movement a joint can be taken through passively (someone stretching you). A decrease in your static or dynamic flexibility may put you at risk of certain injuries, or limit your ability to perform certain movements.

Stretching 101

There are three different types of stretching commonly performed.

1. static
2. ballistic/dynamic
3. proprioceptive neuromuscular facilitation (PNF)

Static Stretching

This would be the most common and well known type of stretching. This is where a stretch position is taken and held for a certain amount of time. Research has shown that to have an actual effect the stretch needs to be maintained for about 90 seconds, whereas most people only hold for 30-60 seconds. The position needs to be held long enough so that tension placed on the muscle from the stretch initiates what is known as the inverse myostatic stretch reflex with consequent relaxation of the muscle. Once this has been achieved the muscle can then be taken to a new point of stretch. During a static stretch there

should be no severe discomfort; you need to feel that you can relax, otherwise it defeats the purpose. Pain during the stretch indicates that you are over-stretching and may cause actual muscle damage. It is thought that static stretching is the safest form of stretches. If attempting to stretch a muscle but unsure how, think about what occurs to the closest joint when that muscle contracts and stretch in the opposite direction.

Example: hamstring stretch

The hamstring, when contracted primarily causes knee flexion, therefore the stretch for it involves having the knee extended (straightened).



Leg swings front to back and side to side will help warm up the hips. Similarly, arm swings and arm circles will warm up the shoulder muscles and joints.



Ballistic/dynamic stretching

Dynamic stretching is the lengthening of the muscles through gradual extension with motion. The muscle is stretched close to the end of range and then further stretched with a ballistic/bouncing movement. This style of stretching should be conducted when the

muscles are warm as it has a higher risk of injury since you are stretching the muscle against resistance, which causes a stretch reflex muscle contraction. This form of stretching is much more beneficial for particular sports or gym exercises where maximal

range of motion is required, such as squatting or gymnastics. It also prepares your nervous system for the demands of movement, and prepares muscles and joints in a more specific movement manner.

Example: Leg Swing

Proprioceptive neuromuscular facilitation (PNF)

PNF stretching incorporates contraction and relaxation in an alternating form between the agonist and antagonist muscles. Agonist is the main muscle which moves the joint whereas the antagonist is the muscle which lengthens while the

agonist is contracting. For example, in elbow flexion the biceps are the agonist and the triceps are the antagonist. There is the belief that greater muscle relaxation occurs after both agonist and antagonist contraction. PNF stretching

normally requires a partner to help. Compared to static stretching it is thought that PNF stretching is superior for flexibility gains, however, like ballistic stretching there is the risk of over-stretching.

Example: Hamstring stretch

Your partner stretches your hamstring to mild discomfort like a static stretch, you then contract against your partner's force (30 per cent is enough muscle force) for about six seconds. Your partner then takes your leg further into stretch and holds for 30 seconds. You repeat the cycle of stretch-contract three times.



THE EFFECTS OF STRETCHING ON PERFORMANCE

Stretching Prior To Exercise

There are numerous research articles demonstrating that stretching routines prior to lifting may actually decrease your strength. This decrease in performance has been found using mainly static stretching however, performing ballistic and PNF stretching has also showed reduced performance. Reduced

performance has been found to range from 4-28 per cent in a participant's one rep max (1RM) post-stretching. What is very important to understand is that these studies (that found decreased strength immediately post-stretching) used more than one stretching exercise for the same muscle, there were a multiple number of sets and time of stretching was about 90 seconds or greater. This length

of stretching time is longer than what is recommended and longer than what most would actually stretch prior gym. The take-home message from this research data is that if you are to stretch prior to an exercise or sport that requires strength then your stretching should be very short in duration. It has been recommended that a maximum of four sets of stretches for your desired muscle

group with a duration of 10-30 seconds should be completed, however keep in mind studies only performing one set have found strength decreases. The issue with this short length of time is the fact that it will have little impact on lengthening the muscle and thus you won't achieve your goal of increasing flexibility prior to lifting or playing sport.

The research doesn't all agree, however my recommendation is that if strength is your main requirement during your game or training session, you should not do ANY stretching immediately prior to the activity. This is due to stretch-induced strength loss.

Stretching and Muscle Hypertrophy

The research is not 100 per cent conclusive, however there is the possibility that the chronic effects of following a stretching program may cause muscle hypertrophy. In human studies, after three weeks of a stretching program strength increase and muscle hypertrophy occurred without any strength training. In addition, another positive of following

a stretching program is that your flexibility will also increase. Increased flexibility in the gym setting will enable you to perform exercises with a full range of motion leading to muscle hypertrophy.

"A COMMON THEME FOR MOST TO BELIEVE IS THAT STRETCHING PRIOR TO PHYSICAL ACTIVITY IS BENEFICIAL. HOWEVER, THERE IS NOW A SUBSTANTIAL AMOUNT OF SCIENTIFIC EVIDENCE TO SUGGEST STRENGTH IS NEGATIVELY IMPACTED POST-STRETCHING."

If the research is correct, the exciting take-home message is one can expect an increase in strength, muscle hypertrophy and flexibility following a stretching program that is carried out daily for a minimum of just three weeks.

Final Words

As we have discussed, there are three main types of stretching: static, ballistic and PNF. Static is thought to be the safest in regards to muscle injury whereas

couple of factors need to be remembered. From current research conducted in a laboratory (not on the field) we can make a couple of statements and ask you a couple of questions.

1. Do you want to be stronger? If so, don't perform stretches before lifting or any event that requires you to be strong and explosive.
2. In addition, do you want increased flexibility and an increase in muscle hypertrophy? I am sure many if not all will say yes, if so then follow a long-term daily stretching program.
3. If you require an increase in range of a movement my advice is to perform that movement multiple times under a lightened load. **MMH**



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 Brukner, P., Khan, K. (2007). *Clinical sports medicine.* Sydney. McGraw-Hill Australia.

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WITH THIS GYM-FREE WORKOUT

HUGE BICEPS ARE PRIORITY NUMBER ONE WHEN HEADING TO THE GYM, RIGHT?

"Do you even lift!?" is asked throughout gyms all over the country – but what about the flip side of your arms? Things just wouldn't be complete without triceps and it would be cruel to leave them lagging behind and building your arms out of proportion. The following pre-exhaustion training routine is designed to smash your triceps into shape and keep you lifting like a boss. Pre-exhaustion exercises work by fatiguing specific muscle groups using single-joint motions (triceps extensions) before advancing to heavier compound movements (close-grip bench presses). Compound exercises exhaust the muscle, forcing it to work harder to perform at its regular capacity, contributing to muscle growth. These three moves are great to do before a heavy chest workout, just remember to keep the weights lighter as your tris will already be depleted.

THE WORKOUT

EXERCISE	SETS	REPS	TARGET MUSCLES
Dumbbell Kickback	3	10-15	Lateral
Lying Dumbbell Extension	3	10-15	Lateral and long
Bench Dip	3	15-failure	Lateral and medial

THE RULES

GOAL

Pre-exhaust triceps and build muscle mass

ROUTINE

Once a week

ADD

Before a regular chest workout

USE

Lighter than normal weight and higher reps for a pre-exhaust workout



DUMBBELL KICKBACK

TARGET: Lateral Head (single-joint move)

SET-UP: Rest your left knee on the bench with right foot planted firmly on the ground. Hold a dumbbell in your right hand. Bend forward with a flat back and lift the right elbow, pinning it to your side. Your forearm should be perpendicular to the floor with your arm forming a 90-degree angle. Rest your left hand on the bench for stability.

ACTION: Keeping the upper part of your right arm tight at your side, straighten your elbow to extend your arm, moving the weight upward in a smooth arc until your arm is straight. Squeeze your triceps hard at the top before slowly lowering back down to the starting position. Complete the reps and switch the weight to your left arm with the opposite knee on the bench.

TIP

Use a lighter weight for this move. Focus on form and reps rather than weight to make the most of this exercise. Picture a steel bar running through your elbow and rib cage to hold your arm in position throughout the move.



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LYING DUMBBELL EXTENSION

TARGET: Lateral and Long heads (single-joint move)

SET-UP: Lie on your back on a flat bench with feet flat and firm on the floor. Allow your lower back to arch naturally. Hold a pair of dumbbells with your palms facing inward above your upper chest, with your arms straight.

ACTION: Bend both elbows and lower the dumbbells to either side of your head, keeping your upper arms perpendicular to the floor. When you've come as low as you comfortably can, straighten your elbows and contract your triceps to raise the weights back to the starting position.

TIP:

Keep your upper arms perpendicular to the floor. Do not allow them to move forwards or backwards or to flare outwards. For variety, try using a light barbell.



BENCH DIP

TARGET: Lateral and Medial heads (multi-joint)

SET-UP: Sit on the longer side of a flat bench and place both hands flat on your sides next to your hips, fingers facing forward. Extend your legs out in front of you, straighten your arms and lift yourself off the bench. Shifting your weight forward, suspend your body between your hands and your heels. Keep your shoulders back and lift through your chest.

ACTION: Bend your elbows, lowering your body toward the floor. Ensure your elbows point straight backwards, not flare out sideways. Keep your shoulders back and continue lifting up through your chest. When your upper arms become parallel to the floor, reverse the action by pushing yourself back into the starting position. Straighten your elbows and contract your triceps hard at the top.



TIP:

Make this move easier by bringing your feet closer in to your body and the bench. You can also support more of the weight with your legs so there is less bodyweight to be carried by your arms. To challenge yourself, place your feet up on a chair or raise one leg in the air a few centimetres off the floor, switching feet after five reps.

MASTER THE CHIN-UP

Follow these steps to perfect your pull-up prowess. Warning: no kipping allowed!



Photo Credit: Shutterstock.com

Written By
Travis Ronaldson

The chin-up. Some love it, some hate it, but no one can argue that it is the king of the bodyweight exercises.

There is also a good reason the chin-up bar at your gym has a covering of dust... it is a seriously tough exercise! It doesn't matter how much you can bench, you still may not be able to perform a chin-up. The good news is everyone can work their way up to performing chin-ups. It will take some hard work, but it will be worth it.

To start your journey to completing a set of chin-ups, you need to start chinning. Just like kicking a ball, to get better at it you have to do it, preferably as often as possible.

But first let's seek some clarity. For the sake of this article, a chin-up is a vertical bodyweight exercise where the aim is to get your chin up and over that bar, regardless of whether the grip is neutral (palms facing each other), supinated (palms facing you) or pronated (palms facing away from you). For those of you who can't yet perform chin-ups... don't despair, there are many techniques that can get you to the chin bar.

So, where to start? If you cannot yet complete a full chin-up with any grip, we need to start with some accessory exercises.

The Horizontal Pull-up

This exercise is your bread and butter in building up the strength to chin-up. Set up a barbell, or the bar on a Smith Machine, at about hip height. Lying underneath with your body straight, pull your chest up to the bar. Once you can complete 3-5 sets of 10 reps, place your feet on a bench or box to increase the degree of difficulty. This will help develop your arm and upper back pulling strength.

The Negative Chin-up

Set yourself up at a chin up bar, and using a chair or bench, get yourself into a position at the top of a chin-up repetition. Supporting all of your own body weight, then slowly lower yourself down on the count of five seconds. Once the five seconds have passed, jump up to the top position and repeat. Build up to 3-5 sets of ten, and be aware that this exercise can make your lats super sore!

The Lat Pull-down

Treat this exercise with caution. The previous two exercises mentioned have a much better transference to actual chin-ups. Wonder why the lat pull-down machine is always busy? Because it is easy. The way the weight is displaced via the cables and pulleys puts the lifter into a position of advantage. The 80kg on the lat pull-down stack does not transfer to being able to chin up 80kg of hanging body weight. The lat pull-down can

help as it mimics a similar movement to the chin-up and uses the same muscles, but make sure you treat it as the accessory exercise that it is.

Once you get to the point where you can perform at least one chin-up, it is time to get chinning. Continue to perform your horizontal pull-ups as an accessory exercise, but make chinning a focus three days a week. But how should you program it?

Mix Up Your Grips

One day you may perform 3-5 sets of supinated grip, the next training session use a neutral grip, the next time a pronated grip. Using different grips stimulates the muscles slightly differently and therefore promotes growth and adaptation. It is likely that you will find the supinated grip and neutral grip slightly easier than the pronated grip.

Keep Using Negative Reps

If you can only perform a couple of repetitions, start your set by doing as many full reps as you can, and take the number up to 10 reps by including negatives for the leftover reps. The eccentric contraction performed as you lower yourself in a negative creates a high level of adaptation and therefore gains in strength.

Add Some Weight

Once you get to the point where you can perform a bunch a reps, start adding a weight vest or a dumbbell between your feet and performing

some low repetition, weighted chins. This will build strength and allow your bodyweight chins to feel extra light.

Mix Up Your Rep Ranges

You may train your weighted chins in the 4-6 repetition range, aiming for maximal strength. In another session where you complete bodyweight chins you may aim for a 10-12 rep range to encourage the development of strength endurance. They will complement each other and prevent you from plateauing.

Mix Up Your Equipment

If your gym has them, try some chin-ups on the gymnastic rings and try some rope chin-ups and towel chin-ups as well. They will strengthen your grip and upper back and this converts nicely to the chin-up bar.

Don't Cook Yourself

It is easy with chins to think that you should always be training to failure, but this is not the case. The chin-up is a tough exercise for most people and is extremely draining for the central nervous system. Therefore, just like a squat or deadlift, you wouldn't train to failure every session. Try to leave a rep or two in the tank to encourage fast recovery and adaptation.

What next? Time to hit the chin bar. The chin-up is a great exercise in that you will get reward for hard work. Aim for five sets, three times per week and remember to be patient, the progress will come! **MMH**



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Demonstrated by Reis Corby
Location: Runaway Bay Sports Centre
Photography by Dallas Olsen

GYMLESS DYNAMIC STRENGTH WARM-UP

Activity	Duration
High Leg Lift	20-30 skips
Walking Knee Hug	20-30 steps
Butt Kicker	30-60 secs
Lunge with Elbow to Instep	20-30 steps
Arm Circle (forward)	25 reps
Arm Circle (backward)	25 reps
Inchworm	10 reps

*Perform each activity in succession without any rest in between, then repeat the sequence for a total of two or three rounds.

Cardio stretches are a great way to warm up your body while relaxing your muscles, and great for avoiding injury before exercise. If you have been doing the same old foot-to-glute 30-second hold for the past 10 years and are looking to try something new, this "dynamic stretch" warm-up is just for you!

Dynamic warm-ups are great for increasing circulation, ensuring there is adequate blood filling your muscles before you start pushing them hard. Your connective tissues need to be warm to help complete the movements without causing injury - and inadequate stretching is one of the main reasons we hurt ourselves during physical activity.

By beginning with this dynamic stretch, the light cardio will also increase your fitness levels and reduce fat cells as it requires movement your body may not be familiar with. You just need to reach a point of tension in your muscle and then hold the stretch for a bit longer. You are activating and contracting, slowly turning on large, small and core muscles. If you stretch cold muscles it is more likely you will injure yourself before making it to the workout stage but cardio stretching means muscles are stretched when already warm. Although it might feel awkward and unfamiliar at first, this 10-minute dynamic stretching routine will leave you limber and ready to hit your workout at full intensity!



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This movement fires up your fast-twitch muscle fibres, priming them for heavier work.

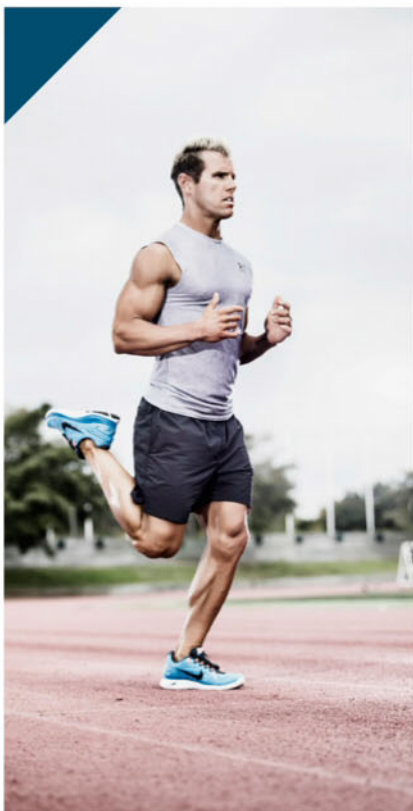
Motion: Raise your right knee and foot while you raise your left arm. Drive your foot down to the ground and generate a double-foot contact as your left foot and knee begin to lift. Alternate legs and arms.



WALKING KNEE HUG

This basic movement promotes greater co-ordination, as well as flexibility in your glutes.

Motion: Raise your left leg to your chest while coming up on the ball of your right foot. Squeeze your knee into your chest. Set your left leg, as you would while walking, and repeat the motion for the opposite side.



BUTT KICKER

Hamstring flexibility allows for a greater range of motion on most compound leg exercises and reduces the risk of injury to this crucial muscle group.

Motion: Keeping our thighs perpendicular to the floor, simply run in place, kicking your glutes with your heels on every step.

LUNGE WITH ELBOW TO INSTEP

This is a strength move that fortifies against injury by warming up and stretching your glutes, hamstrings and hip flexors.

Motion: Step forward into a lunge with your right foot and place your left hand on the ground and your right elbow to the inside of your right foot. Hold for 1-2 seconds and press through your front heel to walk into the next step.





INCHWORM

This move enhances blood flow to your shoulders and arms while awakening the deep muscles of your core and further stretching your glutes and hams.

Motion: Start in a push-up position and, while keeping your legs straight, slowly walk your feet toward your hands. Next, walk your hands out all the way into a push-up position. Perform the specified number of reps.

ARM CIRCLES

This schoolyard PE activity prepares your rotator cuffs, delts and other small muscles of the shoulder for your workout.

Motion: With your arms fully extended at your sides, roll your arms in large, deliberate circles. Perform these forward and backward before your workout.



SPRINTS

Now that your body is all warmed up, you're ready to sprint! Few exercises will give you the same results for overall fitness, speed and physique and help take your glutes, hammies and quads to the next level.

Motion: As you run, ensure that your core remains engaged the entire time, keep your chest up and your arms at a 90-degree angle. Run so that you are pushing away from the ground at the hip – done properly, this will help reduce the risk of hamstring pulls or tears. And finally, don't start to slow down until you've crossed the finish line! Slow your sprint down gradually to a jog and then a walk, before shaking it out and walking back to the start.





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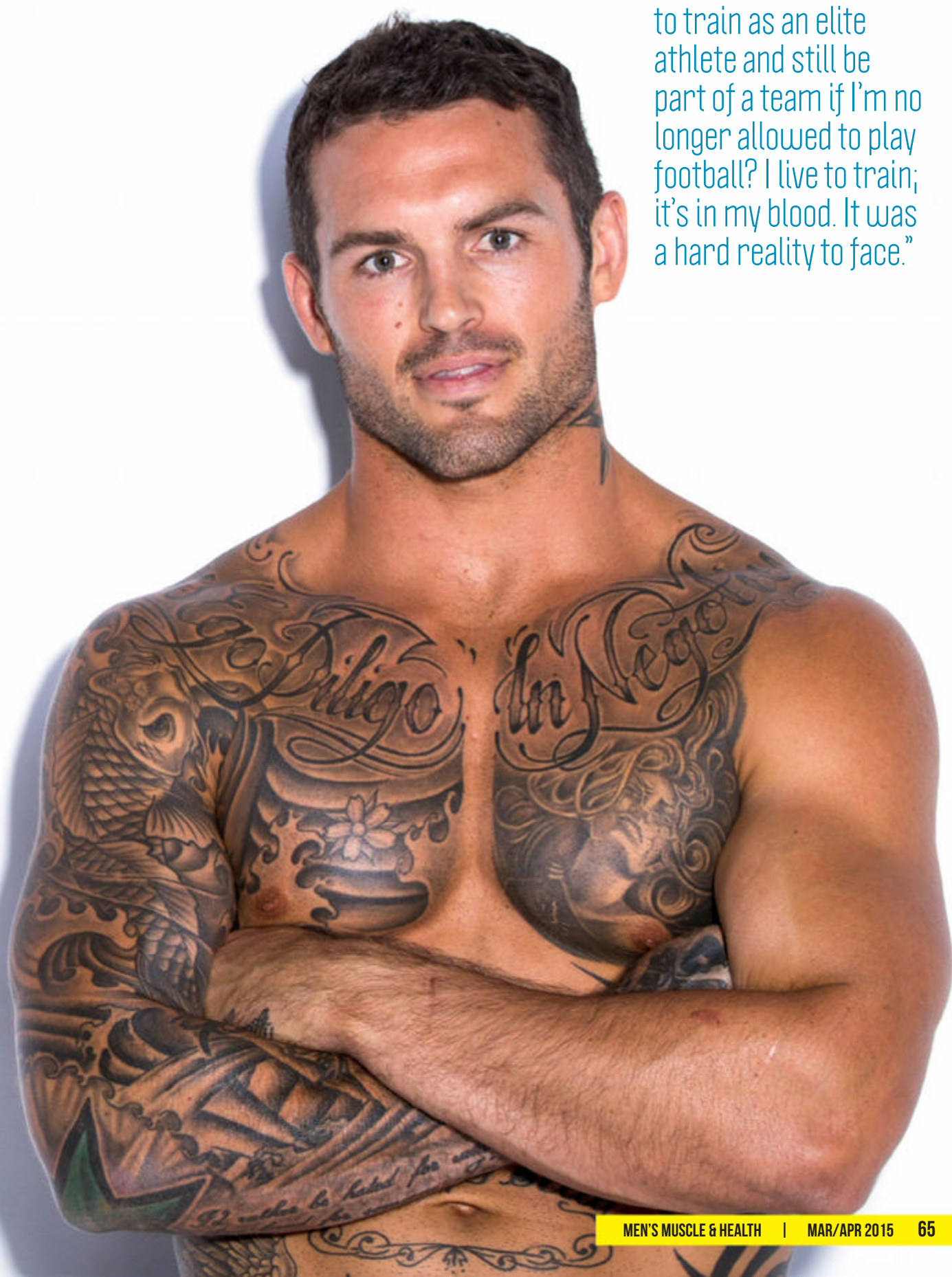
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LIFE AFTER THE NRL

BY ERIN LECKIE | PHOTOGRAPHY BY DALLAS OLSEN

AFTER SUFFERING A SEVERE NECK INJURY THAT ENDED HIS NRL CAREER, DANIEL CONN DIDN'T KNOW WHAT TO DO NEXT. MAKING THE MOST WITH THE CARDS HE'D BEEN DEALT, DANIEL TURNED TO THE ONE THING HE KNEW BEST... FITNESS.

“How do I continue to train as an elite athlete and still be part of a team if I’m no longer allowed to play football? I live to train; it’s in my blood. It was a hard reality to face.”



EARLY DAYS

Daniel Conn grew up on a big country farm out near Dubbo in New South Wales. School was a 45-minute drive down a dirt road and, at one stage, it was just Daniel and one other kid in the whole grade. "I came second a lot," he laughs, reminiscing on his remote Australian upbringing.

Conn's ticket out of the bush came as an opportunity to attend The King's School in Sydney and play with the Canterbury-Bankstown Bulldogs junior rugby league team. He became the first junior to ever land a contract with the NRL and ARU at the same time.

Over his eight-year football career, Conn came up against some of the best athletes in the game while playing for the Sydney Roosters, the Gold Coast Titans and the Bulldogs. But it wasn't all smooth sailing, with the rising young star occasionally making headlines for all the wrong reasons and eventually opening up about his battle with depression.

In 2011, an ongoing neck injury proved too much for Conn, and scans showed a disc floating up against his spinal cord. "I tried to be the 'tough guy' and push through with needles and treatments but in the end it got too much," he said. Conn retired from professional NRL at just 25 years old and with 59 first-grade games under his belt.

He admits it was a difficult decision to make at the time. "Things were so good for me and I was on the verge of getting a great contract," explains Conn. "I was staring down a blank road very unfamiliar to me. Where do I go from here? How do I continue to train as an elite athlete and still be part of a team if I'm no longer allowed to play football? I live to train; it's in my blood. It was a hard reality to face."

Rather than kicking stones over 'what could have been', Conn decided to take a long hard look at himself and think about what he wanted his future to look like. Having learnt so much about training and nutrition during

his NRL career, it only seemed natural that he wanted to pass this knowledge on.

"My job now is to do what I've done all my life but just to a greater extent and with a different goal – and that is train! My work clothes are gym clothes, so I'm pretty lucky."

FROM FOOTBALL TO FUNCTIONAL

With his experience training at a professional level and his strong views on the benefits of functional training, it seems Conn was destined to cross paths with the owners of F45 Training, who not only offered high-intensity group functional training but also offered that team experience and camaraderie that he had been searching for.

"Since I was 18 I knew I wanted to be a trainer. I spent so much time with the best trainers, coaches and physios in the country; I wanted to do what they did from a young age – get the best out of people and stay fit and healthy."

Now Conn is CEO of F45 Training, a functional team training licence system that operates under the premise of 45-minute circuit-based group programs.

According to Conn, functional training is a classification of exercise which involves training the whole body for the activities performed in daily life and the way the body mechanically works in the safest method and most natural movements.

Put this together with high-intensity circuits based on time, complex movement, add in your friends or like-minded people and some great music and you begin to piece together why functional group training is becoming so popular.

"[Fitness] is no longer about self-motivation," says Conn, "it's about doing something that we can all do together as a team, creating a community and have fun changing your life in a positive way."

While Conn now stays fit by training himself and his clients

"My job now is to do what I've done all my life but just to a greater extent and with a different goal – and that is train! My work clothes are gym clothes, so I'm pretty lucky."



in the F45 method, he hasn't forgotten about his professional sporting days, and says that he is still very much into the NRL. He enjoys watching his old teammates out on the field but admits that "playing with mates at the beach is about as competitive as I get these days!"

His focus has now turned to education, believing Australians are lacking some key ingredients that make up a healthy understanding of health and fitness. Being a well-respected celebrity trainer, Conn says he continually receives queries from people all over the world asking how, why and when to exercise.

"The education of correct methods to getting fit and seeing results in some areas of Australia and around the world, or lack thereof, is mind-blowing," he says.

"Education is one of my biggest goals. There are great trainers out in the rural and metropolitan areas of Australia and I'm fortunate with my current job that I'm able to reach these trainers and help teach new ways we can do things better and smarter."

PUMPED FOR THE FUTURE

Conn admits that at the time of his NRL retirement he had believed football was the only path for him. Looking back, he now says that he wouldn't change a thing, trusting instead that everything happens for a reason - even if we can't see it.

This attitude reflects just how much the now 28-year-old has grown over the past three years, developing a mature and positive outlook regarding his past, present and future aspirations. He says that what he is now embarking on within the fitness industry is not only exciting and humbling, it is also just the beginning.

"I'm pumped for what the future holds, not only being behind F45 Training and CEO of F45 Academy but as an Elite Functional Trainer and what I will continue to learn, and how many people I will reach and hopefully change their lives in a positive way." **MMH**



FUNCTIONAL TRAINING WITH DANIEL CONN

WRITTEN AND DEMONSTRATED BY DANIEL CONN
IMAGES BY DALLAS OLSEN
EQUIPMENT BY CYBERFIT

This is a Functional High Intensity Interval Training (HIIT) circuit. Based on time, this workout will consist of five rounds, doing one exercise then moving to the next. Work for the time required and then rest for the time assigned.

EXERCISE	REPS	WORK	REST	ROUNDS
Cross-legged Get-up	2 reps each arm continuous	40 seconds	20 seconds	5
Power Band Squats	Continuous	40 seconds	20 seconds	5
Man Maker	Continuous	40 seconds	20 seconds	5
Plyo Med Ball Lunge	Continuous	40 seconds	20 seconds	5
Ground and Pound	Continuous	40 seconds	20 seconds	5

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CROSS- LEGGED GET- UP (TURKISH GET-UP VARIATION)

TARGET

MUSCLES: Core, shoulder stability and overall balance and strength (full body)

SET-UP:

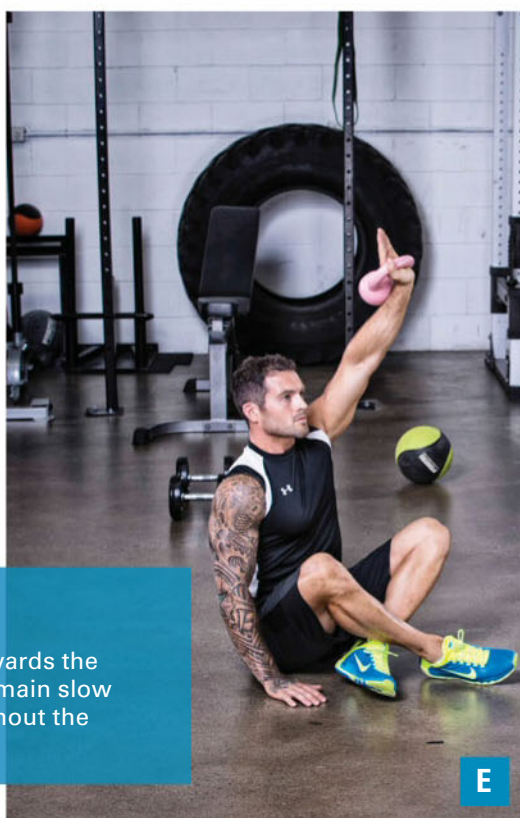
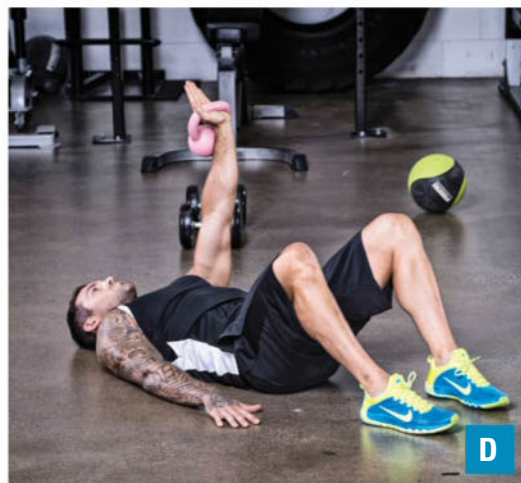
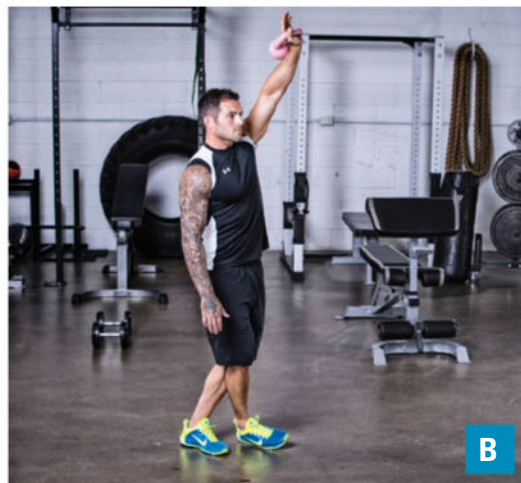
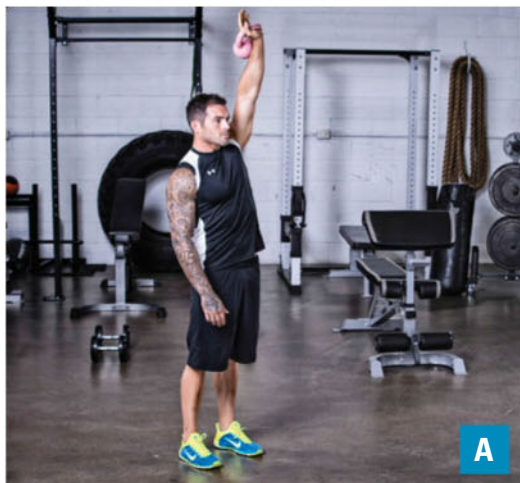
With the kettlebell locked overhead, spread your feet to shoulder width apart.

ACTION:

Keep the kettlebell overhead and vertical, cross over your feet before lowering into a seated squat position (legs can either cross over or remain separated throughout this movement, whichever is more comfortable). Go all the way to the floor and, once seated, begin to lean back and lower yourself until your shoulder blades touch the floor. At this stage the kettlebell can be lowered to the ground. Return the kettlebell to the locked overhead position by driving the arm back up, and reverse the movement to return to starting position. This is one rep.

DAN'S TOP TIP:

Push the kettlebell towards the sky at all times and remain slow and controlled throughout the entire movement.



MAN MAKER

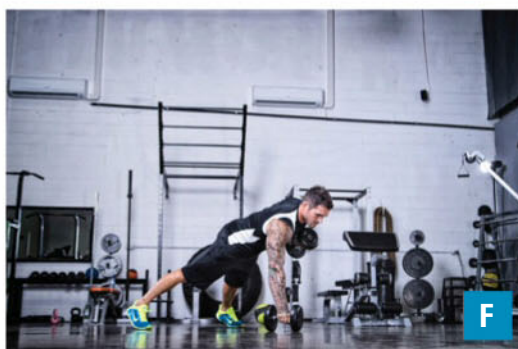
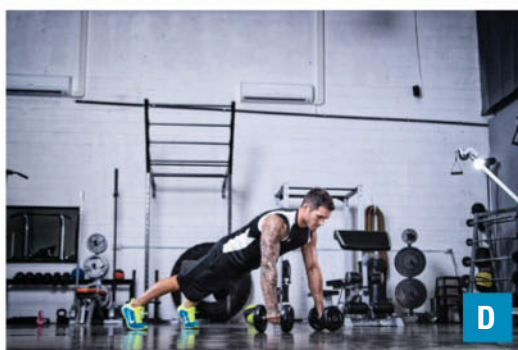
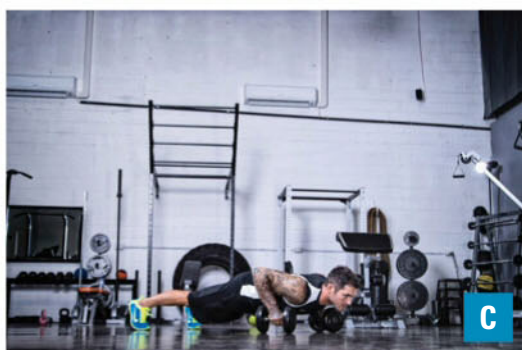
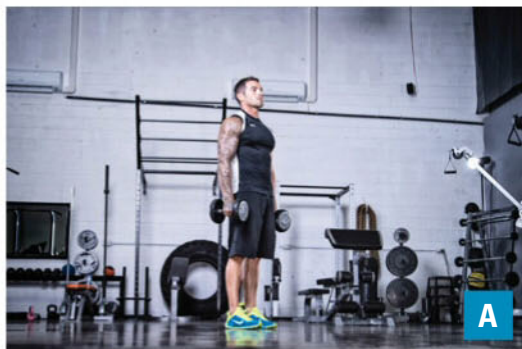
TARGET MUSCLES:

Shoulders, chest, back, legs, core (full-body killer!)

SET-UP:

Start with the dumbbells resting at side position and lock the core on.

ACTION: From standing, go down into a push-up position. With the dumbbell remaining in hand, perform one push-up and then a single-arm row on either side. As if you were performing a burpee, shoot your feet up into squat position and stand up before going into a curl, and then pressing to full extension overhead.



DAN'S TOP TIP:

Don't let your hips drop - keep it controlled and maintain your form throughout the movement.



POWER BAND SQUATS

TARGET MUSCLES:

Glutes med and glutes max, quads

SET-UP: Overlap the band into a figure eight, step into the holes made from the band and position the band roughly 10cm above the knees.

ACTION: Begin the downward phase of the squat, keeping tension in the band so that your knees don't come together. Once at the bottom of your squat push your knees hard outwards and drive up to the start position, powerfully engaging the core and activating the glutes as you do so.

DAN'S TOP TIP:

Different bands with different resistance will help you scale the movement. The tighter the band the harder you will work. Do not let the knees come inwards; this will help your overall squat get stronger and more efficient.





GROUND AND POUND

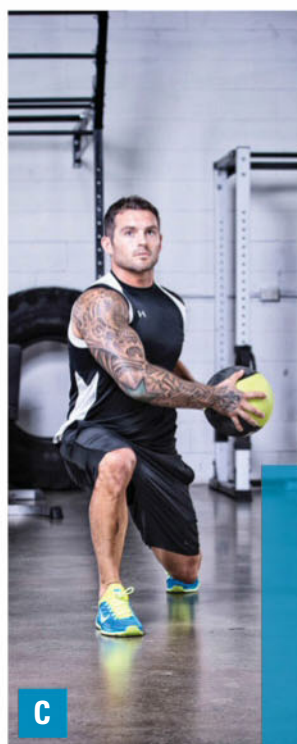
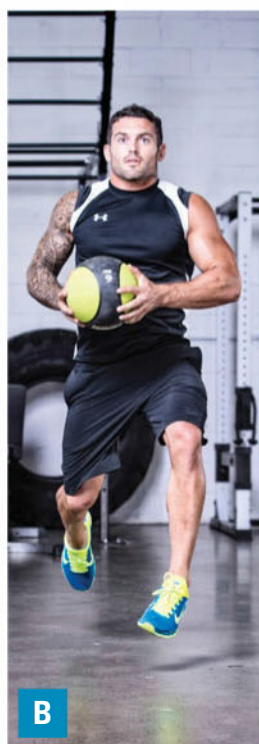
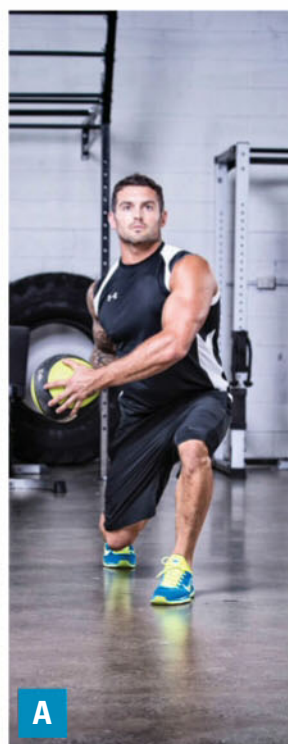
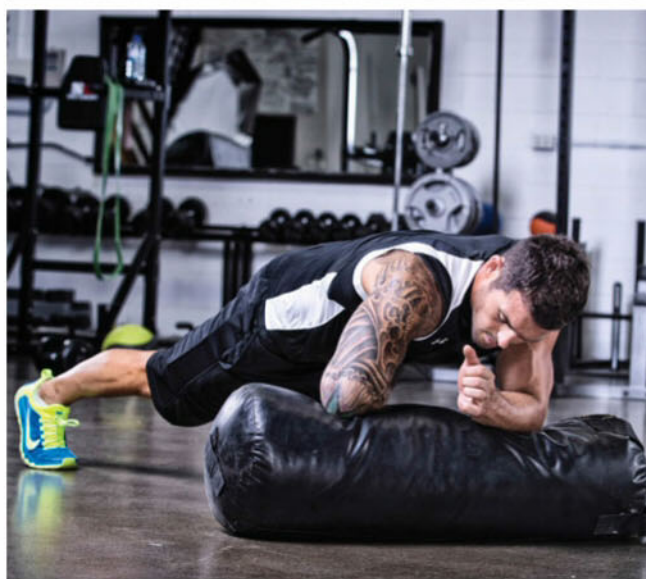
TARGET MUSCLES: Core

SET-UP: Get into a plank position on the bag, mimicking a side control like a UFC fighter.

ACTION: Keeping on your toes, alternate elbowing the bag. Try to keep your hips still and once you get the hang of it, go for speed!

DAN'S TOP TIP:

Be powerful and controlled, remember to breathe and let out some aggression out!



PLYO MED BALL LUNGE

TARGET MUSCLES: Legs, core

SET-UP: With a medicine ball in both hands and a slight bend in the elbows, hold the med ball at your right hip. Start in lunge position with your left leg in front.

ACTION: Switch legs by performing a jumping lunge, while at the same time alternating the med ball from side to side with each jump. Keep the movements rapid and explosive.

DAN'S TOP TIP:

Try to push through the temporary discomfort but if it becomes too hard then resort to a walking lunge with med ball rotation.

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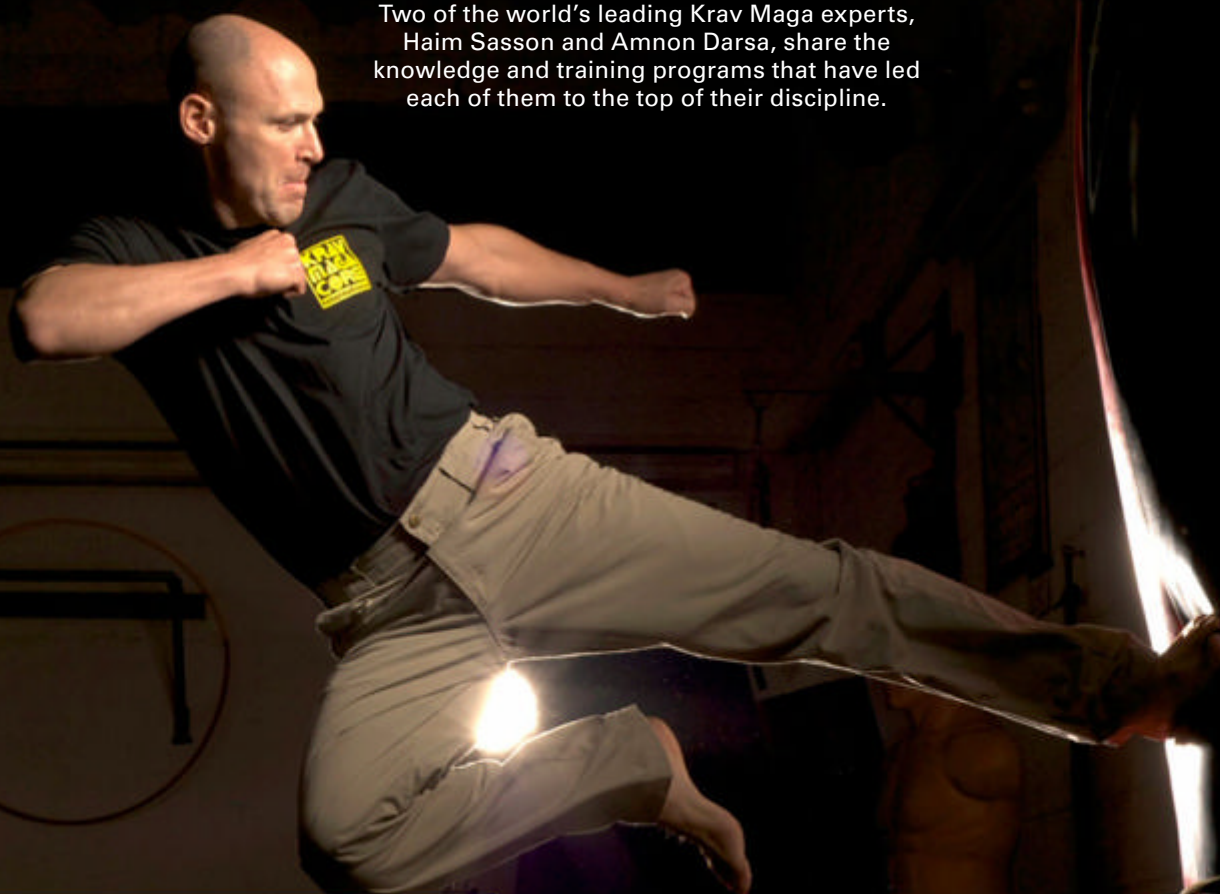
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WHAT DOES IT TAKE TO BECOME A



BY LEANN WEBB AND TY DALEY
PHOTOS BY AMOS BAR-ZEEV

Two of the world's leading Krav Maga experts, Haim Sasson and Amnon Darsa, share the knowledge and training programs that have led each of them to the top of their discipline.





RAV MAGA is the brutally efficient brand of Israeli self-defence taking the world by storm. Founded in the 1930s and developed in the Israeli Defence Force, the system is now widely used by elite military and law enforcement units around the world. Over the past decade, a civilian version of Krav Maga has found popularity around the globe as a self-defence solution for people of all shapes, sizes, ages and genders. Krav Maga differs from many martial arts and fighting systems because of its focus on real world dangers; including being confronted by multiple attackers, working in unknown environments and being caught by surprise, and dealing with attackers armed with weapons such as knives, sticks and guns.

Reaching the highest levels in this fighting system requires the training and nutrition commitment of a world-class athlete.

Haim Sasson and Amnon Darsa are two of the world's best. Their international organisation, Krav Maga Core, consists of more than 35 schools in 15 countries, and they spend their year travelling from their homes in Israel across the globe to train instructors in Krav Maga for civilians, women, kids, military, SWAT and law enforcement. They coach their students to be strong, agile and decisive in defending themselves from danger. Although both men share the same ideals in best-practice self-defence, each favours entirely different paths in achieving their personal training goals.

Haim, now almost 50, has been training in martial arts since he was six years old. He has a black belt or equivalent in six different martial arts and is a Master in Krav Maga. His training regime focuses on cultivating his strength, power, agility and flexibility. When training at home in Israel, Haim trains in his own dojo (the Japanese term for a martial arts training facility), working with his instructing team or against bags and targets to train his strikes.

CONTINUED ON NEXT PAGE ➞



He includes a steady regime of basic bodyweight power exercises such as squats, sit-ups and push-ups. Some 20 years ago, he also developed his own jungle fitness program of animal walks and crawls which provide a full body workout and complement many of the fighting movements of Krav Maga.

Outside of the dojo, Haim does weight training for strength and muscle development. He has a very specific schedule of training every six days. "In each session, I train several sets of each exercise until exhaustion. And then I let my body fully recuperate. It took me a long time to work out the best approach for my body and I have learnt that I can accomplish everything I need with just one session every six days. The key was working out when my body had reached full recovery so I could immediately train again when I was at the peak."

As Haim's work takes him around the world and away from his home-based routines he travels with a Total Resistance Exercise (TRX). This suspension training system allows Haim to do a full body core strength workout in his hotel room.

Haim also works hard to maintain his flexibility. He uses dynamic stretching, such as leg swings before training, to prepare his body for fast movements; and static stretching at the end of each training session to maintain his range of motion.

"When I was a student my master told me that all the great martial artists could straighten their leg and put their chin on their toes, so that became my goal. Every day I would stretch relentlessly. I had a small wooden rod that I would place between my chin and my toes to measure how far I was progressing and every few days I would saw a little piece off the rod until eventually I could touch my chin to my toes," says Haim. Haim can still do the splits and a few 'Van Damme' tricks.

In contrast, Amnon's Krav Maga is augmented by kettlebells and the DVRT sand-bag training system.

Amnon is a Senior RKC Instructor (Russian Kettlebell Certification) and believes that hard-style kettlebell practice provides holistic and efficient development for Krav Maga practitioners without the detriments of other more traditional weight training.

"I like the way kettlebells utilise the whole body in a workout. Ideally, my workouts are not designed to add muscle mass. Increased mass can put a drain on your oxygen supply during Krav Maga training so I try to avoid that. Instead I focus on combining cardio exercises such as working a heavy bag and sparring and then move immediately into snatches, cleans and Turkish get-ups with the kettlebell."

Amnon is also a Primal Moves instructor so, like Haim, he has a program of animal-like bodyweight movements that work the whole body. Lastly, Amnon is well known for his love of burpees, or at least his love of making his students do burpees!

“Increased mass can put a drain on your oxygen supply during Krav Maga training so I try to avoid that. Instead I focus on combining cardio exercises such as working a heavy bag and sparring and then move immediately into snatches, cleans and Turkish get-ups...”

While the two masters agree on the importance of strength, agility and cardiovascular performance in Krav Maga, the two could not be more different in their approach to nutrition. On an average day Amnon won't eat a regular meal until 6 pm. His Paleolithic-style 'warrior diet' means that he'll mostly graze on small quantities of nuts, berries and fruits during the day before a massive feasting in the evening.

"Nothing stops me from getting to the dinner table! After a long day of training I am always looking forward to lots and lots of protein" says Amnon. "I stay away from processed foods but as long as there is meat on the plate I am happy."


For a treat, Amnon loves to indulge his sweet tooth and is well known for his obsession with chocolate.

Haim's diet reflects that of a typical athlete: simple, unrefined food with lots of salad and water. "I try to eat at the same time every day and give my body the fuel it needs for a full day of training. This can be hard to achieve when I am visiting Krav Maga practitioners in different countries but I think a balanced diet is very helpful when I am instructing for weeks at a time."

Having taken such different paths to achieve the same heights as Krav Maga practitioners and instructors the obvious question is: whose way is best? "In Krav Maga we follow several principles that guide us – we ask ourselves what is most natural? What is most effective? These are questions Amnon and I ask ourselves for our training too!" says Haim.

Amnon is quick to agree "I love kettlebells and would recommend them to everyone but if a student feels he is doing exercises that help his or her Krav Maga then they should continue with what works for them."

As for the most important factor? Haim and Amnon are again quick to agree. "Krav Maga is a serious subject that concerns serious issues. But if you're not having fun with your training then I think students will always be missing out," says Haim. Amnon nods in agreement "Having fun is the most important thing whether you're lifting weights or kicking groins!" **MMH**



“ Krav Maga differs from many martial arts and fighting systems because of its focus on real world dangers, including being confronted by multiple attackers, working in unknown environments and being caught by surprise. ”



ABOUT THE AUTHORS



Leann Webb

Leann Webb is an accomplished businesswoman and entrepreneur who recently got bitten by the bug for Krav Maga. She has been training in Krav Maga for five years, including having travelled to Israel several times to train. When she met Haim Sasson, they both realised they had a lot in common with their respective expertise in kids educational programs (Leann developed the AlphaTykes foreign language program for kids and Haim is a world expert in kids safety and self-defence), so they teamed up and created the Dynamight Kids safety and self-defence program which runs

throughout Australia in childcare centres and outside school hours care services. In December 2013, she launched Krav Maga Core, www.kravmagacore.org, with Haim and Amnon Darsa. Along with being the managing director of Krav Maga Core, Leann is also a qualified civilian, kids and women's Krav Maga instructor.

Ty Daley

Ty began his career as a martial artist at ten years of age when he started training in Taekwondo. After achieving his 3rd degree black belt and representing Queensland University of Technology, he lived abroad in Chiang Mai (Thailand) where he competed in Muay Thai kickboxing alongside the world famous Team Quest. He now trains and instructs Krav Maga, having learned the art domestically and from the source in Israel. When he is not busy punching and kicking, Ty spends his time practising his verbal and written jiu-jitsu as a freelance communications consultant.

INCREASE YOUR TESTOSTERONE... **NATURALLY**

By Amir Fazeli



Photo Credit: Shutterstock.com

An increase in testosterone seems to be the Holy Grail that every athlete searches for when seeking to improve strength, power and muscularity. It's no secret that testosterone is one of the most important hormones in the body for achieving the characteristics mentioned above, and it is no secret that, because of this, anabolic steroid use is on the rise and a regular thing these days.

When you look at the effects testosterone brings about you can understand why. You can especially understand why if you have been through periods where testosterone is suppressed and have felt the difference, or if you have been diagnosed as having naturally lower testosterone levels and

are prescribed anabolic steroids to fix it. The difference in energy, power, strength and muscularity is amazing.

Low test levels are associated with depression and other emotional problems, low confidence, lower strength levels, lower libido and increased tendency to store fat. It's definitely something you don't want. High

testosterone levels are also associated with things like excessive anger, violence and being a general pain in the arse. But all jokes aside, it is important to optimise your testosterone levels and keep them at their peak... naturally!

Firstly, how do you know if you have a low testosterone level? You can get a check-up through a blood test, but

ask your GP about the testing process because in most cities there are only a select few labs that can accurately test for testosterone levels. Now, let's say your results come back and you are on the low end of the spectrum. Have a look at the following and try to implement them for 6 or so weeks then go for a retest and see if there are any changes.

GET SOME SHUT EYE

Sleep is first on the list for a reason. You must try to get eight hours of uninterrupted sleep in a cool, dark room every night. Get to sleep before midnight every night, avoid drinking too much water or liquids before bed, and take natural herbal remedies to help you sleep if you need to. Minimum is six hours of sleep, but eight hours is optimal.



AVOID ALCOHOL

Alcohol consumption interrupts everything that's good for testosterone production. Even a little bit of it. Ok, consumption of alcohol every now and then is not going to be so bad but regular trips down to the local after work to knock back a few schooners is also not going to do you any good. The safest option is no alcohol but, if you are going to do it, stick to clear spirits preferably or red wine. Beer is often said to be the worst.



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LIFT HEAVY

Hit the weight room, always try to get stronger, build more muscle and sprint! Try to get stronger and become more athletic in every aspect so that your blood profile will more closely reflect that of a top-notch athlete. Hit the gym (steering clear from the cardio section), pick up something heavy, put it back down, wash, rinse and repeat day in and day out until

you see something happening to your body. Train to build muscle, train to be strong and sprint regularly. Inject some freakin' intensity into your life.

Exercises that stimulate larger muscle groups have been associated with increasing testosterone levels, so train compound lifts. Stop curling inside the power

rack and do some squats, bench press, deadlifts, standing press, bent over rows and chin-ups. Load up a bar, get under it, sit down (and I mean all the way down) and stand back up with it, and repeat for 6-12 reps. Make it heavy, make it a challenge, get angry, get focused. Get better at these exercises and build the rest of your training around these.



GO COCONUTS

Eat fats – good fats are awesome for building natural testosterone: things like macadamias, coconut oil, almonds, avocado, fish oil and so on. And yes, animal fats too; saturated animal fats. The presence of saturated fats in the body is extremely important in helping the production of testosterone.

STRESS LESS

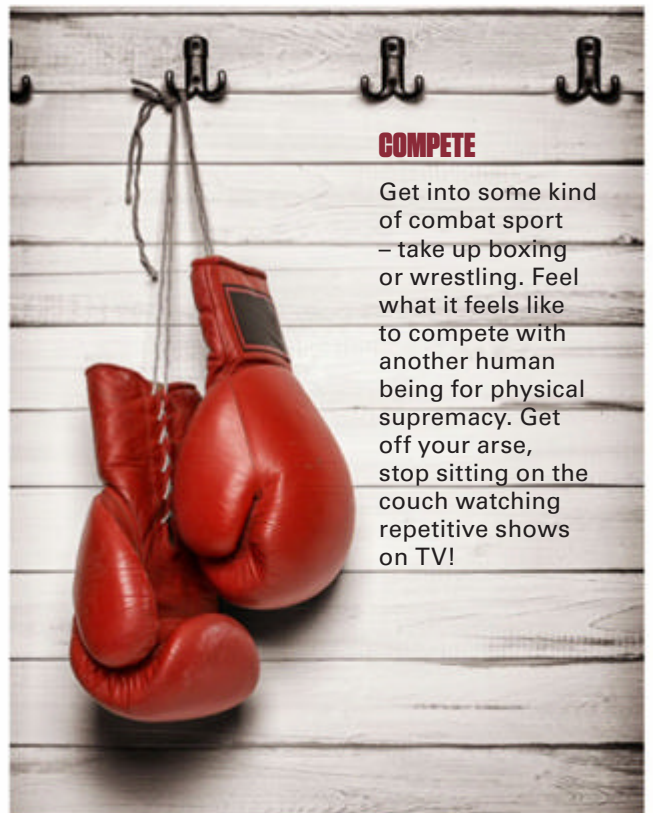
The higher your stress level the more testosterone levels are suppressed, and the bad news is the body cannot differentiate between types of stress. Stress from bills is the same as stress from the missus and the same as stress from training. If it all compounds excessively it will weigh down on your

test levels over time, mainly because stress increases cortisol levels and an increase in cortisol is associated with a decrease in testosterone levels. To manage this you must implement some stress management techniques such as meditation, swimming, stretching, weight training, yoga and so on.



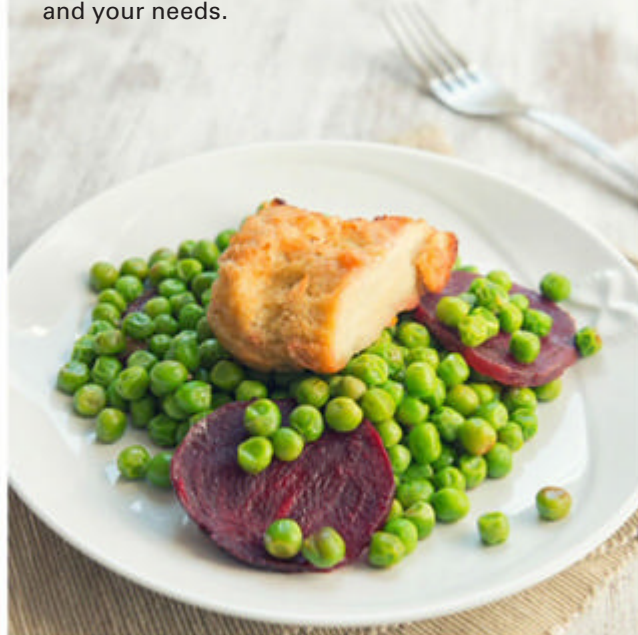
COMPETE

Get into some kind of combat sport – take up boxing or wrestling. Feel what it feels like to compete with another human being for physical supremacy. Get off your arse, stop sitting on the couch watching repetitive shows on TV!



EAT WELL

A low-calorie diet isn't going to do any good for your metabolism or your testosterone levels. So many people seem to be misguided when it comes to nutrition and diet these days that it deserves another article by itself. But low-calorie diets are NOT the answer and if you are eating like the animal a caveman would hunt down and kill with his bare hands then you have set yourself up to be the victim. A low-testosterone, bottom-of-the-food-chain, victim. Sure, be mindful of your food intake and most importantly macronutrient and calorie intake (yes calories and macros are more important than the type of food, assuming you have a well-balanced diet) but don't eat a small can of tuna, a tomato and 6 almonds and tell people "I'm shredding for summer, brah". Eat and eat well for your goals and your needs.



ABOUT THE AUTHOR

Amir Fazeli has a Masters Degree in Exercise & Sport Science and is the owner and head strength and conditioning coach of Adonis Athletics located in South Granville and Castle Hill, NSW. He is a competitive powerlifter in the under 83kg category and has represented Australia, including the world championships and the Arnold Sports Festival, USA. He has held the Australian squat and total record on two separate occasions and the deadlift record since 2011. His best lifts are 258kg squat, 142.5kg bench press, 310kg deadlift - all at under 83kg bodyweight. He was the first under 83kg lifter in Powerlifting Australia's history to surpass the 700kg total mark and to this day holds the highest ever deadlift in Australian history across all federations at under 82.5kg bodyweight. He has been in charge of the strength and conditioning of athletes ranging from weightlifters to powerlifters, wrestlers, soccer, rugby (league and union) from amateur to Olympic level. Check them out www.facebook.com/adonisathletics

Photo Credit: Shutterstock.com



GET PHYSICAL

Sex increases testosterone levels, and more sex means more testosterone. This one probably should have gone in second after sleep. Just don't go all night – even though that's fun – so that you can get some sleep before work the next day. Sex is good for you in every way. It's also great for stress relief. Move around and turn it into a mini-exercise session. Sweat a little – it won't kill you, and your partner will hopefully appreciate the effort.

SUPPLEMENT YOUR DIET

There are some supplements and vitamins that can help in testosterone production; some have solid evidence, others more anecdotal - but even then there is that chance that it does work and doesn't hurt to try. They are magnesium, zinc, fish oil, tribulus and vitamin D. Zinc is definitely a well established one. Oysters are high in zinc, and most people are deficient in it. You can find out which ones you are deficient in through a blood test and supplement those (except tribulus – you are just going to have to try it and see if it works for you).

So have a look through the list and start to implement some of the points and track how you feel. Ideally, get a blood test prior to starting and then retest in 6-12 weeks. Think like a caveman and start to act like one a little more. It will go a long way. Move, eat, have good sex, sleep and stop stressing so much about everything – that pretty much sums it up! **MMH**



NATIONAL ARMWRESTLING



THE OFFICIAL WRAP-UP

By Jason Bishara | Images supplied by AAF

The Australian Armwrestling Federation (AAF) held its third annual national titles in November, and **MMH** was there to catch all the action. Read on for the official wrap-up...

15 November, 2014, Gold Coast. On the grounds of Conrad Jupiters, just outside the main building, an assortment of strange noises can be heard coming from one of the large marquees. From its open doors wafts the strong smell of deep heat, chalk and sweat. Inside, a young man in a yellow shirt paces back and forth as music blasts from the headphones embedded in his ears. His face is a canvas of crazed

determination. He ascends the short set of stairs to the main stage where he takes his position at one edge of the table, his opponent stands on the other. A large crowd of cheering spectators watches from below the stage, many of them patiently waiting for their own names to be called. Some are enormous, with forearms as thick as telegraph poles and hands the size of baseball mitts. Others are smaller and wiry, with great bushy beards or seedy

red moustaches. The atmosphere is electric, and a charge of nervous energy courses through the air and through the veins of those around. Some have trained all year for this moment, and others have travelled great distances. Most have done both. No matter their origins, one thing is certain. No one wants to lose.

The young man in yellow is completely focused. From atop the stage he grips his opponent's hand with

all his might. His body, arched and rigid, heaves with short-tempered breaths as he waits for the call.

Ready... Go!

In a flash he buries his opponent's hand into the pad, subsequently earning himself a place in the finals.

CHAMPIONSHIPS

What is this madness, you ask? What kind of an occasion could bring such a motley crew of individuals together to shake the very foundations of Conrad Jupiters? The Australian Armwrestling Federation (AAF) held its third annual national armwrestling competition.

It was amazing and, keeping to its word, the AAF managed to put together an event that superseded its predecessors in every way imaginable. The competition was filled with upsets, blood, tears, rivalries, cake, and of course the newly crowned champions, who now have the bragging rights to call themselves the best armwrestlers in the country.

Trying to fit all the drama of the nine-hour marathon day into one article is a little like trying to squeeze big Doug Fatafehi into Jamie Carle's shorts. But thankfully the AAF has one hell of a handsome writer who's up to the task. So without further ado, here is how it went down.

After a long day of preliminaries, evening descended on the Gold Coast, and the stage was set for what would ultimately be a rollercoaster of finals.

Kicking things off in the under 70kg right-handed class, Jesse Johnson (the young man

in yellow) continued to show his dominance of the lightweight division by taking the title with a comfortable win over David Deon. Anyone who has ever seen Jesse compete knows his intensity is one of the true highlights of Australian armwrestling. Doctors were on standby just in case he had a brain aneurysm or broke someone's arm, but thankfully neither occurred.

In the under 80kg category the two favourites, Grant Tolentino and Sam Saffuri, predictably found their way to the grand final for both the left-hand and right-hand divisions. Grant, hot favourite and renowned for holding his opponent mid-table and smiling to the crowd before putting them away (along with their dignity), came face to face with a determined Saffuri who didn't give him any opportunities to smile. Unfortunately for Sam, he fouled out in what was otherwise looking like a great left-handed final, and Grant took the trophy. However, it was on the right hand Saffuri sought his revenge, and caused one of the biggest upsets of the night by taking Grant's wrist early and driving hard to the pad. When asked how it felt to be national champion, Sam simply replied in his thick Israeli accent, "It feels good to be home."

A notable mention also

has to go to Ryan (Blue) Bowen, who made Grant work his arse off for his place in the right-hand grand final, and almost came away with what would have been the greatest upset of the night.

In the under 90kg, arguably the most stacked division, it looked to be anyone's game among the top four finalists. Phil (el presidente) Rasmussen looked to be in the best shape of his career. Phil had to work for his place in the left-hand grand final, powering from the B side through arch rival Jamie Carle and Ryan

(the big slug) Phillips with some impressive explosive power. But the left was all the Danny Tesch show. Phil started with an impressive hit, but Danny's ability to hold on and come back from the most insane positions allowed him to turn things around and earn himself his first national title. Not bad for a guy who gets beaten by old ladies at table tennis.

The right hand, however, told a different story. Although it was the same four faces, it was Carle's turn to dominate the field. ▶



In the grand final he came face to face with a pony-tailed Ryan Phillips, one of the great enigmas of the armwrestling world, someone who tends to just appear at random, pull a bunch of guys, arm wrestle, then disappear off the radar, only to show up at a nationals event and nearly take the title. But all the credit goes to Jamie, who had no easy draw, having to beat both Phil and Danny, and then finally Ryan to take the title. In doing so, Jamie etches his name into Australian armwrestling history as the first man to win three national titles in a row. A true legend of the sport and an individual certainly worthy of the title.

As for the heavyweights, it was an easy day at the office for Adam Laura who proved too strong for anyone in the under 100kg, taking both titles convincingly. Likewise, Fatafehi dominated the over 100kg division, taking out both hands respectively, but not without a fight. Big credit to Ryan (the milkman) Scott for an impressive first win over Doug in the first grand final match. Ryan's huge hit on Doug managed to send the crowd into chaos. Unfortunately for Ryan, Doug proved too strong in the straps and Doug continues his dominance of the heavyweights.

Overall it was an incredible event, by far the most exciting and intense so far, and it's always nice to see the dedication and hard work that goes into these events pay off. The traction that this sport is gaining is nothing short of incredible, and we can only wait and imagine what's in store for 2015.

A big congratulations to the champions, all the competitors, and everyone involved.

Worlds, here we come! **MMH**



MEN & MUSCLES

STUDY

Have you used steroids and/or performance and image enhancing drugs?



**RESEARCHERS AT
THE UNIVERSITY OF
NEW SOUTH WALES
ARE CONDUCTING
CONFIDENTIAL SURVEYS.**

Help us gain knowledge about
the use of performance and
image enhancing drugs and
provide vital information for
the planning and delivery of
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1. If you live in Sydney, you can choose
to do a face to face interview and we will
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THE HOOPER

HOUR OF

WITH THE RUGBY WORLD CUP LOOMING, MICHAEL HOOPER, ONE OF THE YOUNGEST MEN TO CAPTAIN THE WALLABIES, IS LEADING AUSTRALIA DOWN THE HOME STRETCH!

By Imogen Rose



HE IS DEDICATED AND DETERMINED, FIT, FAST, AND SURPRISINGLY FUNNY. HE IS DRIVEN BY AN INNATE PASSION THAT MOTIVATES A DESIRE FOR CONTINUAL IMPROVEMENT. AND IMPORTANTLY, HE'S PREPARED TO LEARN. HERE HOOPER HAPPILY SHARES HIS EXPERIENCE AND ADVICE REGARDING FITNESS.

2014 was a big year for Michael Hooper. In June he became Australia's third youngest Wallaby captain. He also captained the NSW Waratahs (taking over from an injured Dave Dennis) to the 2014 Super Rugby title.

He is only 23, but he could just be our best weapon for the 2015 Rugby World Cup.

There is little question that the Wallabies have endured a fairly testing past 24 months. During this time, the Wallabies have had four captains and three coaches.

There are signs though, that the tide has turned. The ripples have settled. It's appropriate then that our current captain is a keen surfer who has the skill and character to ride the Wallaby wave to glory.

Michael Hooper has faced more challenges since assuming the leadership mantle than many captains face in a career. Yet he has maintained a strong sense of positivism within his command. Hooper is no choker. He can, and does, face the music.

He's also a good communicator. In fact, one could as easily be chatting to a friend as the Wallaby captain. Still, he tells it like it is. He's not interested in excuses or distractions, he knows he has a job to do and he just gets on with it. This means exercising the capacity to lead a talented team, including many older and more experienced players.

It also means ensuring he is at peak, physical performance. ▶



For Hooper, a typical mid-week training day would mean two on-field sessions and also some weight training, "In the morning, you would probably get out a good weights session, whether it be lower or upper body, you'd do a unit session with the forwards, working on line-out and scrum, and then during the afternoon is when you do all your team stuff."

Game day, generally a Saturday, is fairly relaxed, and Sunday is usually spent working on recovery.

Hooper is often recognised for his speed and strength, though he's quick to deflect praise. He readily concedes that his younger brother, Richard, a talented up-and-coming winger, is even faster.

Nor does Hooper consider himself strong. He is though; it's well known. I considered testing him with a sneaky punch, but quickly thought better of it.

In terms of improving strength, Hooper recommends variation and hard work. It's important to prevent boredom by "changing it up" and "getting excited about doing something different". Like anyone who does well in their chosen field, he stresses the value of dedication and commitment.

It's well recognised that strength training requires a compatible eating regime. Therefore, Hooper factors in his nutritional and energy needs. A typical training day would start with a generous serving of cereal and perhaps two or three poached eggs with shaved ham and baby spinach. Throughout the day, "if I was going to do weights I'd have a protein shake, a very low-carb one, like a WPI or Hydroxyburn".

Lunch might be a wrap with cold meat and salad. Dinner would typically include a piece of red meat, or fish, but would take into account the following day's schedule. For instance, if training is on the agenda in the morning, Hooper would include some carbs such as bread.

Still, Hooper is only human and I

was pleased to learn he shares my weakness for chocolate. Equally, he recognises the need for balance. If he does indulge in sweets, or perhaps a few beers, then the next day, "I'll compensate for it and I just won't have carbohydrates or much fat intake. I think I've found a pretty good balance now".

Interestingly, Hooper doesn't present any manic ambitious drive. He's someone who grew up in Manly, alongside great beaches. He embraced an active, healthy lifestyle of surfing, lifesaving and rugby. He is clearly a sporting natural. He possessed, and has

"Interestingly, Hooper doesn't present any manic ambitious drive. He's someone who grew up in Manly, alongside great beaches. He embraced an active, healthy lifestyle of surfing, lifesaving and rugby."

retained, a seamless fusion of ability, passion and dedication. This would explain why rugby was never really a professional goal for Hooper, not until he "was actually living it". It's this genuine passion, more pure than political, that has enabled Hooper to assume the leadership at such an impressive age.

Hooper has scored some superb tries, emphasising his combination of skill, speed and the ability to read the play, though modesty prompts him to attribute such to, "Right place. Right time". Hooper believes "the more you play, the more games, the more situations you put yourself in on the field, the better you're going to be able to read the game. And I've been lucky that I've had a good succession of years now."

Hooper makes the point that in rugby, running is generally limited to short stretches of say 10-20 metres. Therefore, the aim is to maximise power and speed within

this context. Hooper's on-field performance has benefited from various glute activation techniques such as the single-leg barbell hip thrust.

As a Wallaby, the players are away from home for 140 days of the year, and then of course there's the Super Rugby. Such a lifestyle means missing out on many personal and familial activities. It is a sacrifice. But importantly, it's a sacrifice that Hooper is content with. He recognises the enormous opportunity and responsibility that not only comes with playing for one's country, but indeed,

the honour and reward of captaining one's team. It's a telling acknowledgement that reflects Hooper's strong leadership qualities.

Furthermore, he is aware of the significance of the Wallaby symbol and he is determined to reignite the strength of this symbol.

Hooper has proven unshakable during a remarkably tumultuous season. It takes courage, character and vision to retain one's focus and to hold a team together. The storm

seems to have passed for the Wallabies. And whilst it is difficult for outsiders to differentiate the froth from the waves, no one should mistake that Australia has a promising captain at the helm. Nor should one forget our fine rugby legacy, the glory days when Mark Loane, John Eales and George Gregan made their mark as captains, and as men. Hooper is at the beginning of his career. He has great shoes to fill. But, he has the will and the ability to become a great Australian captain.

Now, more than ever, is the time for rugby enthusiasts to support the Wallabies. It's also time for the current team to really show their form and define the future. No country has won the World Cup more than Australia and if we win next year it will be an unprecedented achievement. Who better to hold up the 2015 World Cup title than the man who withstood the storm! **MMH**

“Michal Hooper has faced more challenges since assuming the leadership mantle than many captains face in a career. Yet he has maintained a strong sense of positivism within his command.”



Photo Credit: Getty Images - as supplied by Wallabies

DELTOID DEMOLITION

BY SONNY BROWN | DEMONSTRATED BY GUY BORGAS
PHOTOS BY DALLAS OLSEN | EQUIPMENT BY GYM & FITNESS

The muscle group that most defines an athletic-looking physique and gives the most symmetry and balance would have to be the shoulders. I think in this day and age so much energy goes into training chest that a lot of guys forget to isolate the deltoids.

In this workout, I have structured three specific exercises to fast track your shoulder development by isolating the three specific muscle heads of the shoulder. I want you to add these exercises twice a week to any additional

upper body workouts (minus shoulder day).

Your main focus is not on the weights you are lifting but form, range of motion, and contraction of the muscle – followed only then by weight. If you are serious about growing this specific muscle group you would be silly to not implement these exercises on a weekly basis. You could even add extra calories to pre- and post-training meals on the days you decide to add the extra 150-200 reps to your current split/routine.

This workout will help to bring out further detail, size and symmetry in anyone willing to follow this protocol for up to six weeks. Our model for this workout and one of my personal clients, Guy Borgas, suffered shoulder injuries from his former semi-professional football career and was lacking shoulder development due to recovery and training methods. Guy spent six weeks using this Deltoid Demolition workout and has managed to develop a strong, athletic and well balanced set of shoulders. With commitment, you can do the same.

THE WORKOUT

EXERCISE	SETS	REPS
Standing Barbell Lateral Raise	5	15
Standing Military Press (Behind Head)	5	10
Straight Raises on Incline Bench	5	12





SONNY'S TIP: By using barbells I have used a wider circumference of weight, allowing the muscle fibres of Guy's shoulder to be hit from different angles.

STANDING BARBELL LATERAL RAISE

TARGETED MUSCLE GROUP: Shoulders (lateral and posterior fibres)

SET-UP: Stand with both feet at shoulder width. Arms should be fully extended with a slight angle in your elbow.

ACTION: While keeping the arms stationary, raise the upper arms to the sides until they are parallel to the floor and at shoulder height. Exhale during the execution of this movement and hold the contraction for

a second. Slowly lower your arms to the starting position as you inhale.

Repeat for the recommended amount of repetitions. Remember to keep the upper arms perpendicular to the

torso and a fixed elbow position (a 10-30 degree angle) throughout the exercise.

VARIATIONS: You can perform this exercise with dumbbells, cables or even weight plates.

STANDING MILITARY PRESS (BEHIND HEAD)



SONNY'S TIP: Performing this exercise can cause serious injury if not performed properly. Make sure to keep your back straight when lowering and lifting the barbell.

TARGETED MUSCLE GROUPS:

Shoulders (posterior fibres)

SET-UP: This exercise is best performed inside a squat rack for easier pick-up of the bar. To begin, first set the bar on a rack that best matches your height. Once the correct height is chosen and the bar is loaded, step under the bar and place the back of your shoulders (slightly below the neck) across it. Hold on to the bar using both arms at each side and lift it off the rack by first pushing with your legs and at the same time straightening your torso. Step away from the rack and position your legs using a shoulder-width medium stance with the toes slightly pointed out. Your back should be kept straight while performing this exercise. This will be your starting position.

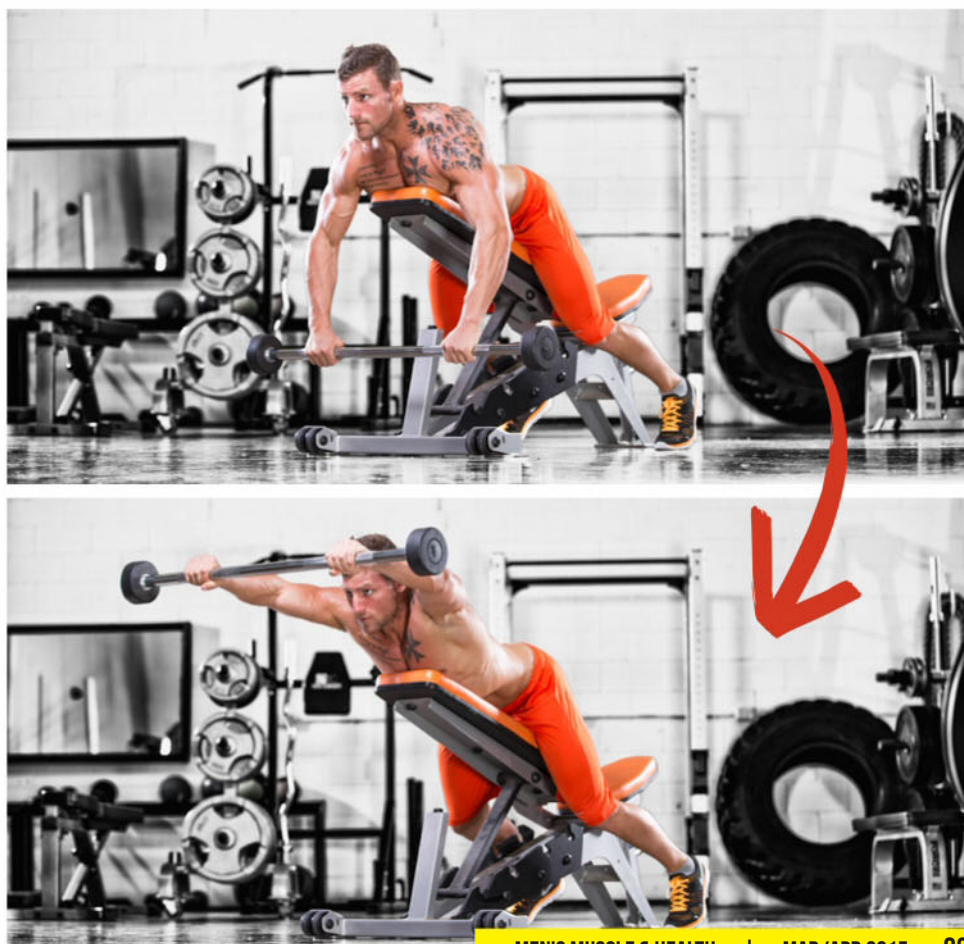
ACTION: Elevate the barbell by fully extending your arms while breathing out. Hold the contraction for a second and lower the barbell back down to the starting position by inhaling. Repeat for the recommended amount of repetitions.

STRAIGHT RAISES ON INCLINE BENCH

TARGETED MUSCLE GROUPS: Shoulders (anterior fibres)

SET-UP: Place a bar on the ground behind the head of an incline bench. Lay on the bench face-down. With a pronated grip, pick the barbell up from the floor, keeping your arms straight. Allow the bar to hang straight down. This will be your starting position.

ACTION: To begin, raise the barbell out in front of your head while keeping your arms extended. Return to the starting position.



FROM PARTYING ▶ TO PURE MUSCLE

PHOTOGRAPHY BY DALLAS OLSEN

STATS

NAME: Zac Smith**CITY:** Maroubra, NSW**OCCUPATION:** Online Coach**AGE:** 24**WEBSITE:** www.zacsmithfitness.com

Before he started training, Zac Smith had a life filled with debauchery, partying and generally being unhealthy. The self-confessed party animal worked numerous jobs just to pay his way from week to week and to fund his weekends of partying. As a result of his fast-paced lifestyle, Zac developed supraventricular tachycardia, an abnormally rapid heart rhythm caused by faulty electrical signals in the heart. This was the pivotal moment that finally had Zac stand up and pay attention to his health. From there, fitness became his passion and his career, and Zac is now going from strength to strength in his physical and entrepreneurial goals. We caught up with Zac and found out that not only does his heart beat too fast... it's also much too big...



Hey Zac, how different do you feel now compared to your old partying days?

I have never felt happier and cannot describe how happy I am that I found solace in fitness. Before fitness came about I had no motivation, I lacked energy and drive and I had no ambitions to be anywhere in life. Now, I am more motivated than ever, always searching for new ways to better myself, my career and also, other people's health.

What has been the most rewarding aspect of training for you?

Constant progression for me is by far the most rewarding aspect of my own training. I love knowing that if I knuckle down for days, weeks, months on end, I WILL achieve a better physique than I have ever achieved before. Knowing that is the most rewarding feeling.

What continues to motivate you throughout your training?

I know that my body and the way I portray myself as a fitness professional inspires and motivates others to do the same. This is one of my biggest motivations! I need to continue to get better and be a role model for anyone who is aspiring to be a fitter, healthier, stronger person.

What advice would you give to men wanting to get into the best shape of their life?

Train hard and diet harder. Achieve your own goal body or at least begin to work towards that goal body. Your own journey towards achieving this will be organic inspiration for others and create credibility for your own business, whatever that may be.

What is the most important thing guys need to remember when training?

Leave your ego at the door. Train with correct and strict technique and don't try to impress people with your lifts. Be there because you want to, not because you want to impress people. The end result of being humble and training hard is what will impress people the most.

We all have days where motivation is low – how do you overcome these?

I usually will seek some inspiration from YouTube videos, quotes from successful entrepreneurs or look at pictures of myself from past competitions or photo shoots that I am proud of. Seeing me in my best shape only inspires me to get in better shape. Never satisfied, always hungry.

Do you enjoy training alone or with a partner?

Both. I train alone mostly but I find that training with a partner gives you that extra push and sometimes those extra few reps... the reps that make a difference.

What is your career highlight and why?

Making the decision to sponsor a man with Down syndrome named Robbie. We worked together for 3 months, free of charge. While working together, Robbie lost 10kg. His love and passion for fitness has never been stronger, and neither have his mind and body. Giving something back was the most rewarding feeling for me, as this industry can be so selfish. I understand that completely as a fitness competitor as we have to be so strict with everything: our diet, sleep, training, everything. Helping Robbie was by far my career highlight. **MMH**

ZAC'S DIET

MEAL 1 – Oats, Giant Sports Delicious Protein, blueberries

MEAL 2 – Omelette with onion, chilli, mushrooms and asparagus

MEAL 3 – Tuna, brown rice and peas

MEAL 4 (PRE-WORKOUT) – Turkey mince, asparagus, basmati rice

MEAL 5 (POST-WORKOUT) – Turkey mince, asparagus, brown rice

MEAL 6 – Giant Sports Casein shake

ZAC'S WORKOUT WEEK

MONDAY – Legs/Abs

TUESDAY – Chest/Biceps

WEDNESDAY – Back/Triceps/Calves

THURSDAY – Shoulders/Abs

FRIDAY – Arms/Calves

SATURDAY – Chest/Abs

SUNDAY – Rest



BUILDING ENDURANCE

////// **WITH**
NUTRITION



By Belinda Reynolds - Dietician and Nutritionist

WHEN AIMING TO ACHIEVE AN EXTRA EDGE IN TRAINING, WHAT YOU ARE (AND AREN'T) PUTTING INTO YOUR BODY CAN MAKE A SIGNIFICANT IMPACT. WHEN LOOKING TO MAXIMISE ENDURANCE AND MUSCLE RECOVERY, HERE ARE SOME THINGS TO CONSIDER.

Hydration and electrolytes

Good hydration and maintenance of electrolyte levels are essential. Not only is water important for almost every chemical reaction (including energy synthesis) in the body, electrolytes (sodium, potassium, magnesium and calcium) are also vital. These function to maintain whole body and cellular fluid balance, plus we call on these electrically charged minerals during training for many

reactions, including muscle function, nerve impulses and cardiovascular function.

Magnesium is commonly depleted in athletes, often requiring supplementation. In addition to the above, it supports healthy cellular energy production, utilisation and storage, assists the metabolism of carbohydrates, and may increase oxygen uptake capacity and reduce blood lactate levels.

Protein

Strength and endurance

will be greatly influenced by your ability to recover from previous training sessions, and to minimise the muscle damage and pain during your session. Protein is essential for healthy muscle recovery, with one of the most ideal proteins being whey. Protein ingestion, however, is not just essential immediately after a session. The process of muscle recovery continues for around 12 hours following training, and therefore regular consumption of 20-

25g of protein (every three hours, if possible) will support maximal recovery and growth, and assist performance in subsequent sessions.

Newer research has also confirmed the benefits of consuming small amounts of protein during a long, intense session. Ingesting protein in combination with carbohydrates was shown to reduce exercise stress (as indicated by reduced heart rate, perceived exertion and muscle damage), and had the potential to

“Strength and endurance will be greatly influenced by your ability to recover from previous training sessions, and to minimise the muscle damage and pain during your session.”



enhance recovery and thus performance in the next training session¹. Look for a protein that is hydrolysed down to primarily di- and tri-peptides, as these are more rapidly absorbed.

To carb, or not to carb?

The jury seems to be out on this. More recently, a low-carb, high-fat diet has been promoted as superior for athletes, however many experts disagree. The theory behind a low-carb, high-fat diet is that the body will adapt to utilising ketones (a by-product of fat breakdown) as an energy source, plus the liver is equipped to synthesise glucose to keep up with demand. Consuming this form of diet for several weeks results in keto-adaptation, where the body becomes very good at using fat as energy, reducing the requirement for readily available glucose from the diet. There's no doubt that these diets are ideal for reducing fat mass, and early evidence suggests that keto-adaptation is beneficial

for ultra-endurance runners. However, the counter argument is that carbohydrates are still the easiest form of energy for the body to use, and are best for high-intensity training.

One additional benefit of post-training carbohydrate consumption is that the resultant insulin spike can suppress post-training cortisol release, which compromises your aims of muscle growth. However, whey protein also shows benefit in providing a similar action, plus it provides amino acids for muscle recovery. Cortisol is a hormone released in response to stress and long training sessions (also short, intense ones). It is beneficial during training as it promotes the availability of energy to the muscles. However, if cortisol remains elevated following training it can contribute to the breakdown of muscle protein, aimed at fuelling the synthesis of glucose in the liver. The best ways to avoid this catabolic state is to stimulate insulin release (with glucose and/or

whey protein) post-workout, and provide a regular supply of glucose, and/or amino acids during and after training, as this will suppress the requirement for muscle protein breakdown.

The bottom line is... everyone is different. Based on your form of training, your genetics, your tastes, and your body composition goals, the balance of macronutrients in your diet may require altering to meet your individual needs. Where reductions in fat mass are desirable, or in ultra-endurance type events, keto-adaptation with a low-carb, high-fat diet may be the way to go. However, if speed and strength are your goals, the bulk of research still seems to be in favour of a greater carbohydrate intake. Whichever diet you choose, ensure that it is rich in high-fibre, nutrient-dense plant foods, high-quality protein and good fats, while at the same time being devoid of “empty” calories and artificial additives.

Coenzyme Q10

Coenzyme Q10 (CoQ10) is an enzyme essential for the formation of ATP in all body cells. It also acts as a powerful antioxidant. Recently, a more biologically active form of CoQ10, known as ubiquinol, has hit the Australian market. Trials have shown ubiquinol (300mg for a period of six weeks) to significantly enhance physical performance, as observed by peak power output in Olympic-trained athletes². It is also shown to minimise muscular injury and improve recovery.

Fish oil

High-dose fish oil can be beneficial for numerous reasons. Preliminary human trials show that fish oil (providing 1600mg EPA, 800mg DHA) taken over a six-week period was not only able to reduce cortisol levels, but also significantly increased lean mass, and decreased fat mass³. Fish oil is also anti-inflammatory, suggesting a benefit for reducing muscle pain. ▶

THE ENDURANCE

DIET

FOOD IS THE FUEL YOUR BODY GETS ITS ENERGY FROM, SO IT'S ONLY NATURAL TO PAY ATTENTION TO YOUR DIET WHEN TRYING TO INCREASE YOUR ENDURANCE. A WELL-BALANCED DIET THAT INCLUDES PLENTY OF FRUITS, VEGETABLES AND LEAN MEATS WILL ENSURE YOUR BODY STAYS HEALTHY AND ENERGISED, IN TURN SUPPORTING YOUR STAMINA.

1 BREAKFAST

- 2 pieces wholegrain toast
- 2 eggs: scrambled, poached or boiled
- ½ avocado (spread on toast)
- 1 large banana
- 1 glass freshly squeezed fruit juice
- Coffee



2

MORNING SNACK

- 1 apple
- 3 rice cakes spread with nut butter

3 LUNCH

Chicken and salad wrap made with:

- 1 piece Lebanese bread
- ½ avocado
- 100g chicken
- Lettuce, tomato, cucumber, mushrooms
- Fat-reduced cheese



4 AFTERNOON TEA

- Protein shake made on skim milk
- 1 handful raw almonds or small tin of tuna

**5 DINNER**

- 200g salmon or lean red meat (seasoned with herbs)
- 2 large potatoes
- Broccoli
- 1 corn on the cob
- ½ cup carrots

**7 DRINKS**

- Aim to consume at least 2 litres of water/day. Add an additional litre for every hour of physical activity.

6 EVENING SNACK/DESSERT

- Fruit salad
- 200g natural yoghurt



*This diet is suitable for a 70kg male aiming to build muscle mass and strength or train for endurance events.
Total calories: 2779.9

ABOUT THE AUTHOR

Belinda Reynolds graduated with an Honours Degree in Nutrition and Dietetics in 2003. She has been involved in the complementary medicine industry for nearly 15 years, 10 of these for BioCeuticals as a practitioner, sales consultant, team leader, presenter, educator and writer, with an involvement

in marketing and product development. Outside of this Belinda has spent time working in hospitals and lectured at the Australasian College of Natural Therapies.

Belinda's greatest passion is assisting practitioners in

developing their knowledge by presenting new research in the area of integrative medicine. Now a mother of two, pre- and post-natal, infant and child health have evolved as subjects particularly close to her heart.

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SAM'S STORY

MISCHIEF & MEDALS

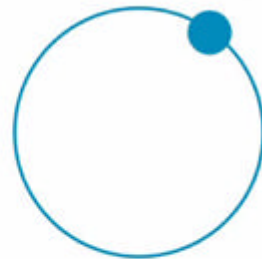
By Annabel Rainsford



Photo courtesy of Edwina Hollick

You might know Sam Bramham as the guy who made international headlines after telling an American journalist his prosthetic leg was chewed off by a kangaroo, or that guy from last year's season of the reality TV show *Big Brother*. You may even recognise him as the man who spent a night in jail after he and his mates faked a shark attack on a busy NSW beach.

How about as the child amputee who went on to be a Paralympian at the age of 16?



STATS

Name: Sam Bramham

Location: East Melbourne, Vic

Occupation: Motivational Speaker

Age: 26

Achievements: Swimming medals in 2004 and 2008 Paralympics and the Order of Australia Medal for being an Australian youth role model

Ambassador for: Disability Sport and Recreation Victoria, Bully Free, Oz Child and Group Training Association of Victoria

Currently preparing for: The Rio 2016 Paralympics for the first ever Paralympic Triathlon

Website:

www.sambramham.com.au

Images provided by Sam Bramham

There was no medical explanation as to why Sam Bramham was born without his right femur. When he was five, what had remained of his leg was amputated and Sam spent the rest of his childhood with a prosthetic leg, trying his best to keep up. He joined in playing 'tiggy' with his mates at lunchtime, but just couldn't run away fast enough. He tried football but was asked to stop because his prosthetic leg would swing around in a tackle and knock

the other boys over the head. Sam even had a go at the hurdles event at the school athletic carnival – but knocked every hurdle over along the way. Then one day, Sam found swimming; an upper-body dominant sport. Finally, he had an advantage – it all took off from there.

At the fresh age of 15, Sam had already entered into elite swimming with careful fostering from the Australian Institute of Sport. Sam says he 'completely atrophied' himself, with teenage muscles threatening

to bust out of school uniforms, maintained by around 4000 calories from meals a day.

Where does one who is physically disadvantaged find the motivation to exceed the expectations placed upon them? Without ever feeling as though he was doing it tough, Sam made a goal for himself. Not many 13-year-olds can say they made a promise to themselves and a long-term commitment to work towards competing at the Olympics, but that is exactly what Sam did.

It was as though swimming had been there all along, waiting for Sam to give it a try and feel the difference. After loving the freedom of movement during his lessons and feeling the strength and maneuverability grow in his body, his desire to compete and take it to the next level also grew. With his understanding and acceptance of knowing he would be unable to compete with his disability at the same pace as the elite athletes, Sam never gave up on his drive to go further. ➤

It was then that he found the parallel to the Olympics – Paralympics. His goal became the 2004 Paralympic Games in Athens and he thought to himself that two years down the track at 16, he would be the perfect age to start his international career. His goal to compete in the 100m butterfly event became a huge catalyst for motivation.

Unlike many of his peers at the time, Sam skipped the parties and passed on the junk food, training hard in and out of the water. Maturing young, he saw it all as a necessary sacrifice for the greater good and loved the atmosphere of encouragement and success he found in the sporting communities. Sam still believes teammates aren't there to all lean on each other, but rather to build upon a foundation and together can push each other to extreme limits. Spending most of his time underwater, his gym training sessions were the perfect place for forging friendships through explosive workouts, all coached with verbal support. For Sam, this was one of the greatest rewards from working so hard. Medals and world records aside, he still holds strong value in the social connectivity and development of skills he experienced along the way.

As much as Sam enjoyed his experiences in the sporting world as a young professional athlete, he set himself up with a safety net for when that time passed. A Sport Market and Law Degree from La Trobe University leaves Sam gainfully employed and involved in the industry he loves.



SAM'S WORKOUT WEEK

MON	TUES	WED	THURS	FRI	SAT & SUN
5km run, afternoon gym – weights	3km morning swim	5km run, afternoon gym – weights	3km swim, afternoon yoga – flexibility	Hypoxic Boxing	Rest!

Upon reflection, Sam says he developed faster than his peers because of what his sport exposed him to. He benefited from his early understanding of discipline and consistency that came with such a rigorous training schedule. Sam understands both the physical and mental pain of others came from having seen many different types of disabilities, stereotypes and cultures from around the world.

The young Australian reminds us that when motivation wanes, as it sometimes does, it is your attitude and how you deal with the challenges you face that count most.

“The ability to push through and get the work done will be the factor that sets you apart,” says Sam.

With a go-get-it attitude, Sam is an inspirational character, encouraging anyone who sees a barrier in the way of participation to knock it down and to help others. Failures are something we learn from and he advises not to throw the towel in – even if you are successful, there is always something you can do better. Sam says you need to “find out what it is and smash it!”

Sam's attitude to life is one we can all embrace. No matter what challenges we face or how much of a disadvantage we may feel in comparison to those around us, by setting goals and making the necessary sacrifices to get there, we can achieve great things. Life is what you make of it, so make it something worthwhile. And looking back on it all, you may find you value the journey of self-development and the formation of friendships as the biggest reward of all. **MMH**

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WHAT IS HOLISTIC TRAINING?

By Greg Dolman

Body/mind specialist Greg Dolman gave up a successful career in personal training to run a crystal shop.

Was he mad? Or simply on the path to discovering the benefits of holistic training...

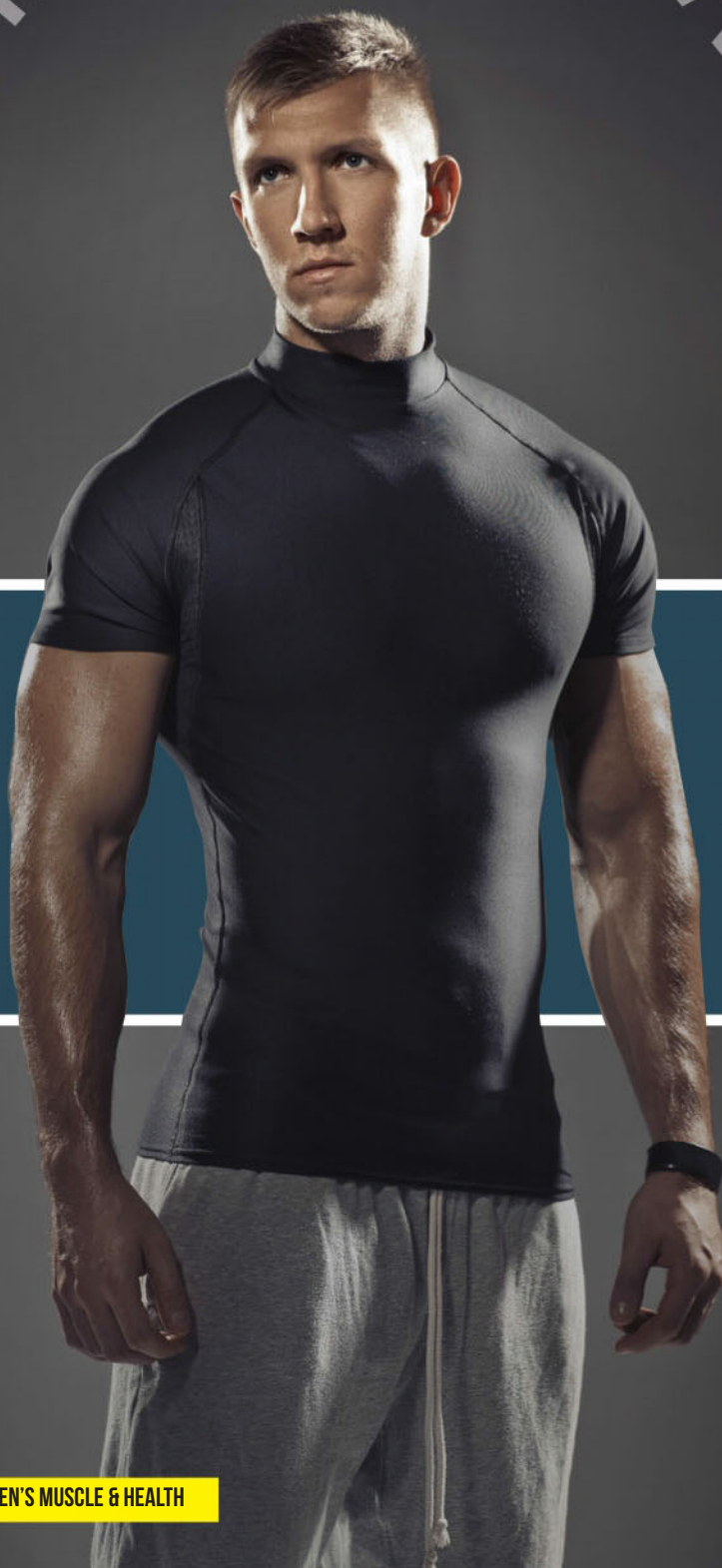


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“Many women are good with trusting their ‘gut’ whereas men are not too connected with their ‘gut’ or simply don’t trust it.”



What is holistic training? Well, to answer this question to the best of my knowledge will be to share my experience of my 30+ years of being involved with gyms and the fitness industry in general.

My holistic training journey began in 2003 when, after a seven-year stint as a personal trainer in one of the Sunshine Coast’s first PT studios, I thought it was time for a career change. This career change, or so I thought at that time, was to be a firefighter. This came about as I was training a couple of clients for the recruit training process. I knew a few high-ranking firefighters in the area, and when I was seeking the necessary information for my clients, I was asked if I would try out as well! The short story is that I did try out and was the only one of my group to get through to the recruit waiting list. This waiting list had no time frame, so my life was to go on until I got the phone call that the recruit training course was ready for my attendance.

Whilst on this waiting list, the opportunity came about for me to open up a business in which I had absolutely no idea about, but my business partner really needed my assistance with the general running of it. This business was a crystal shop that sold precious gemstones, jewellery, books, arts

and crafts, among many other things.

My thoughts at the time were, “if I was meant to be in the fire brigade, I would not be on the waiting list and this job opportunity would not have come about.”

My personal training clients at that time thought that I was mad, as I was going from a job where I had very good knowledge of what I was doing, and into a job that I knew nothing about! I didn’t care about the latter because I had a real feeling of calm over my decision to leave personal training. This calm feeling was my first experience to just trust that what I was doing was the best for me, even though those around me were very sure that I would be committing some sort of employment suicide.

It didn’t matter what the naysayers were saying because I felt so strongly that my future was safe. My first lesson here is the fact that I had to trust my feelings (gut feelings). Many women are good with trusting their ‘gut’ whereas

men are not too connected with their ‘gut’ or simply don’t trust it.

The crystal shop ran for the duration of the lease, three years in total. My experience working with the different energies that the crystal shop offered was a real eye opener to say the least.

I met many people from different walks of life and many of these people were ‘healers’ of some sort. They opened my eyes to the many different levels that really make the

body function as a whole. My experience with weight and personal training had only taught me about the physical components. What about our emotional components, and how they

influence our physical body? This question was really making me very interested in finding out more information. When a stranger can look at you and very quickly and accurately tell you that you have a physical issue with your shoulder without you having said a word, it starts to get you thinking. The seed had been planted within me and I needed to find out more about what really makes our bodies tick. ▶

“My previous experience with personal training had been quite fruitful and so getting back in to the fitness arena was an easy step. However, this time I was going to be a totally different trainer with a totally different bag of tricks.”

I started to listen to those who would share their knowledge, and I started to read more on any subject about energies and how they affect our body. I also enrolled in some 'out there' courses to get a first-hand lesson in what I could learn and how I could implement this newfound information.

The shop's lease was up for renewal after three years in business. The rent was to go up considerably, so the signs were that it was time for me to move on. My thoughts were that if I was to follow this new energy path, how would I best explain what it is that I do? One thing that I knew for sure was the fact that I would be called an absolute nutter!

So my first goal was to find a way to implement my newfound knowledge on society with being labelled a freak. Then, just like a lightbulb moment you see in a cartoon, it hit me! I needed to get back in to personal training but with a whole new understanding of what causes many people to have the muscle imbalances that may cause postural imbalances, possible injuries, and maybe even sickness down the track.

My previous experience with personal training had been quite fruitful and so getting back in to the fitness arena was an easy step. However, this time I was going to be a totally different trainer with a totally different bag of tricks. My whole approach to achieving client goals came from a new perspective and one that got results much quicker for my clients. The approach of finding

the origin of a client's problem was born, and this is my way of dealing with an issue wholly. Therefore, my holistic approach was also born.

This holistic approach has brought a lot of clarity to many of my clients. I say many, because not all have been open to dealing with their inner voice or wanting to go within to really find out what emotions are being hidden and affecting them at that moment. These types of clients choose not to discover the cause of their pain; they are only interested if I can help them, and that is okay with me. I certainly don't like having things pushed on to me, so I certainly do not like to push anything on to those who seek my assistance.

My experience with the aforementioned clients generally doesn't allow me to get as good as result as I do with the clients who are open to revealing some of their 'skeletons in the closet'. If I can plant a new seed of information for a client to think about down the track, then I have achieved a small step of getting the client to really approach a personal problem from a different angle.

The holistic approach is that when you have a personal issue, you must first look at the type of situation that you are facing. Is it stressful? If so, is the stress controllable, or not controllable? If it is controllable, do something about it when possible. If it is uncontrollable, then no amount of stress will change it. So just let it flow where it's meant

GREG'S TIPS FOR ACHIEVING HOLISTIC TRAINING

1. Trust your gut (feelings), not your head (thoughts)
2. If what you are doing doesn't feel right, don't do it!
3. Remember to take time out. For example, meditation that suits you best. We are human 'beings', not human 'doings'!
4. If you are feeling any physical pain/s, are they in relation to a stress you are experiencing?
5. Monitor how your thoughts manifest in to your body via pain. Example, are you experiencing a 'pain in the neck'?
6. The more aware you are of how your repetitive thoughts are affecting you, the more you can do to prevent them from affecting you through pain.



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to flow. Easier said than done, but practice makes perfect... right?

Secondly, look at how much the stress is affecting our body. Is it causing our neck to get tight? What about our back: is it getting tighter for really no reason? What about that sore knee? Was it from an accident, or did it just appear? Whatever your individual answer is to the above questions, have a think about when the ache, or pain, first

appeared. Was it at a time, or just after, when an emotional issue first appeared? More times than not, the answer is yes!

So, if you dare, try my holistic approach to any issue you may be facing and see if you can see the connection to other areas of your life. This just may be the planting of a seed that may grow in to something very fruitful for your journey to success. **MMH**

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A ROCKY ROAD TO THE TOP

**WEEKEND WARRIOR
SCOTT BROWN GIVES
US THE LOWDOWN ON
GOING UP... AND WHY
ROCK CLIMBING IS THE
ADVENTURE SPORT YOU
NEED TO TRY! ►**

By Scott Brown



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Rock climbing and abseiling are sports and physical pursuits that extend a long way back in human history. Whilst predominantly a European trait to want to 'stand on the top' of rocks and mountains, many civilisations have chased the heights at great risk and peril over the centuries. Rock climbing and abseiling are quite different, although they are linked by the aspect that for many rock climbers the only way down is to abseil. Having said that, it's best to split the explanation of the two sports for the purpose of not upsetting those who immerse themselves in one or the other!

THE BASICS

To clarify, rock climbing is exactly that (although in modern times climbing artificial surfaces have grown in popularity for ease of access and spectator appeal). In short, it is the sport of going up. Abseiling (also referred to at times as rappelling), the act of descending on a rope, is therefore the sport of going down! It's borrowed from the German 'ab' for 'away from' and 'Seile' for 'rope'.

Rock climbing is both a sport, a passion and - for some - a lifestyle. It has the ability to tease you into a relationship with the surface you are climbing that is ever evolving and never the same twice. It will hang you on the edge (literally) and give your muscles an ongoing workout for the duration of the pitch. After all, to relax is to come off the rock!

Rock climbing is divided into three configurations.

1. **Bouldering** is low to the ground and used for building technique and warming up. This is normally done without a harness, but a bouldering mat is highly advised.
2. **Top rope climbing** is where the safety (or belay) line is set above the climber and the rope goes from the base of the climb up through the carabiners and safety lines set at the top and then back down to the climbing partner known as the 'belay'.
3. **Lead climbing** is where the first climber carries the rope with him and places protection (a series of devices designed to attach the rope to the rock en-route) as he goes. Effectively, the lead climber is climbing above the rope safety anchors. The rope then passes through the set anchors and back down to the belayer.

Rock climbing is a team sport. It needs two people minimum to effect a safe rock climb.

EQUIPMENT

If you are trying rock climbing for the first time, the easiest way to get involved is to go to your local indoor climbing centre. The people in these centres will introduce you to the gear, the terminology and techniques to help you get a feel for what it will take to go the next step.

But as an overview, here's what you will need for a basic kit:

HARNESS – specifically designed for rock climbing and rated so.

CARABINERS – these are the metal (steel or alloy) safety 'gates' which the rope passes through. Carabiners come in a number of configurations, but when starting out it's best to use screwgate carabiners for safety.

BELAY DEVICE – this is a device that acts as the brake to slow or stop a climber in the event of either a fall or just lowering them at the end of the climb.

ROPE – and not just any rope. It needs to be rope designed for the purpose; a dynamic climbing rope. Dynamic means it will stretch slightly in the event of a fall, allowing some give. If the rope didn't stretch or give it would be at a high risk of snapping under the sudden load placed on it.

A HELMET – not all climbers use helmets, but I am a big supporter of them.

A SERIES OF TAPES AND SLINGS – again these are items specially designed for rock climbing and rated for the purpose.

FOOTWEAR – many climbers use climbing shoes. Although not necessary when starting out, they do make a big difference to your climb.

KNOTS

You will need to learn a basic set of knots and again, your local indoor climbing centre is a great place to start. You will

need to know the Figure 8 on the Bight, Follow through Figure 8, Clove Hitch, Bowline, Alpine Butterfly and the Tape Knot as a starter. And you need to know that they are right first time, every time!

SAFETY

There are any number of things that can go wrong in rock climbing. The single biggest safety item you can have is an experienced partner! Make sure to follow their advice and don't take matters into your own hands. Old heads are king here!

Take a first aid kit, and depending on where you are climbing, a communications device. Most of the basic equipment items listed in this article are also designed for safety first and foremost.

Let someone know where you are going and when you expect to be back. All the worst stories are from individuals being somewhere but nobody else knew!

“ROCK CLIMBING IS BOTH A SPORT, A PASSION AND FOR SOME, A LIFESTYLE. IT HAS THE ABILITY TO TEASE YOU INTO A RELATIONSHIP WITH THE SURFACE YOU ARE CLIMBING THAT IS EVER EVOLVING AND NEVER THE SAME TWICE.”

TOP 10 MUST CLIMB LIST

1. MT ARAPILES, NATIMUK (VIC)

Mt Arapiles is widely considered one of the top three climbing sites in the world! Boasting a high concentration of high quality climbing, it is a must for any serious rock climber. Mt Arapiles is situated in the central-west area of Victoria, about four and a half hours from Melbourne. With more than 2,000 climbs to choose from, this is a mountain that can cater from beginner to advanced.

2. THE GRAMPIANS, STAWELL (VIC)

If diversity of climbing is what you are after, the Grampians will be perfect for you - stretching approximately 100 kilometres in length and 45 kilometres in width. The Northern Grampians is the most popular site, giving great variation and ease of access. The rock varies from grey sandstone to gorgeous orange and red quartzite, with the best time to climb being spring and autumn.

3. MT BUFFALO, POREPUNKAH (VIC)

Mt Buffalo is a granite plateau in the north-western corner of Victoria and stands 1500 metres high. Offering two main climbing areas, the terrain here is extremely steep and not recommended if your forte is sport climbing. Snow falls in the winter so be sure to make the trek in the warmer months.

4. POINT PERPENDICULAR (NSW)

The climbs here are extremely varied in style, rock quality, position and protection. This destination is all about adventure, and the lighthouse area is always extremely popular. High winds are common so ensure you are well prepared for sudden gusts!

5. BLUE MOUNTAINS (NSW)

One of Sydney's most beautiful nearby natural attractions. This huge sandstone plateau has been eroded by rivers and streams, creating an almost endless diversity of crags and climbing styles. Many tour operators are based out of Katoomba and can take you on an epic adventure! Climbing is best in autumn and spring, however seasoned climbers could tackle it all year round.

6. TOWNSVILLE/MAGNETIC ISLAND (QLD)

Surprisingly there is an incredible amount of climbing on Magnetic Island, making this a must while in the Townsville area. The climbing is on medium-large sized boulders and rock formations around the island's many bays. Ideal for beginners!

7. FREYCINET PENINSULA (TAS)

Coles Bay is probably one of the best known climbing areas in Tasmania, mostly owing to its natural charm and relaxed atmosphere. And only just down the road near Fortescue Bay is the famous Totem Pole. Words can't describe it, just Google it! Visit from September to May and experience well protected climbs, all while enjoying the stunning natural peninsula.

8. KALBARRI (WA)

Kalbarri is fast becoming a hot spot for younger climbers. Located within the Kalbarri National Park, the sandstone cliffs here are ideal for climbing year round, with the summer months best avoided.

9. UMBRAWARRA (NT)

Considered the best in the Northern Territory, Umbrawarra is 240 kilometres south of Darwin on the Stuart Highway. The sandstone cliffs are perfect for climbing in the dry winter season, with around 30 routes on offer.

10. BOOROOMBA (NSW/ACT)

Located within the Namadgi National Park, Booroomba offers some lovely cheese-grater slabs with good exposure. Boasting a wide range of slabs, cracks and faces, climbing can be a little unpredictable at times so ensure you are alert at all times.

The best times to climb are during spring, autumn and the cooler weeks of summer. **MMH**



YOUR FINANCIAL STORY

2015

By Michael Henry

With the New Year in full swing it's my job to tell you not to settle for the standard approach to your income. This past year was a time for massive financial growth in many cities across Australia. Property went crazy with double digit returns and if you missed being a part of this, your journey to wealth is now even more difficult. The financial world is a fickle beast. Few of us could really say that that they knew 2014 would be so bullish in real estate returns. But that is where risk and commitment play a part. If you had bought a property in 2011 when things were slow, right now you would have made a bundle!

What you need to realise is that your financial story is evolving and you are not yet in control of it! This article will remind you of some key points to ensure that your financial story has a happy ending.

SHARPEN YOUR FINANCIAL FOCUS FOR 2015

As always, these key points focus on housing, interest and overseas economies. And you know what? Each is always fluctuating! It is a rollercoaster, and knowing when to get on or off is crucial.

1. **CITY REAL ESTATE** in Australia is now very expensive. Be very careful if you want to invest now. Take more time than you would usually as the prices and competition mean it is almost a waste of time.
2. **INTEREST RATES.** They are low and they are not going up! This is a plus for buying now and part of the reason for the strong market, but there are just as many reports saying they will jump up as there are suggesting they will fall. In global terms, we are still paying well above most countries for home and investment loans.
3. **THE US ECONOMY.** It is good! For as long as they can avoid their national debt they will trade well. Right now they are in growth and this will help any slowing in China's economy.

What we know however is that if we have money in the bank it will earn you approximately 4% interest which is taxable and the result is a net return of around 2.5%! Bad idea! So what is a good plan and why do so many wealthy people come a cropper? I believe a good plan take three things into account.

1. **RESEARCH**
2. **YOUR SKILLS. WHAT CAN YOU ADD?**
3. **MANAGEMENT.**

As suggested earlier, take your time and exercise great care, especially in real estate. It is a fact that the money to be made in real estate often comes down to good buying, not good selling!

CONTINUED ON NEXT PAGE ➞

Look for the property that others avoid for fickle reasons. Here you will find a bargain. I once bought a house with a structural problem in the roof. The bricks looked like they would topple and no one wanted it. Guess what? I had the roof fixed and made a killing on it. A year later a friend admitted to me he wanted to buy the place but was put off by the roof and the risk... he never ended up buying anything as he was waiting for perfection. Big mistake. In this country, if you can make an old house look great and capitalise on someone else's laziness... go for it!

Another tip, my wife and I are building our first ever secondary dwelling right now. It is 60 square metres and will cost \$200,000 to build. Not only is it exciting but we will keep it and rent it out for as much as a unit that would have cost us \$650,000 to buy. Yahoo! That is a great

return for us. We did loads of research and then bought a property with dual access so the new development could have its own access. The council were very willing to push the DA (development approval) through, and away we go.

DEVELOP YOUR SKILLS

Remember, we have spoken about this before. If you are handy then property is perfect for you. If you are into the business world and trading then obviously shares are attractive. I think the key is not to rely on others to guide you but to start building up the skills so you can make the decision and take the risk yourself. Once you have done this you are truly invested in the project or investment and you can watch the market and continue to develop your skills for the next step.

I hate trusting others to give me financial advice! Sorry, but true. Every advisor I know either has a terrible personal financial story or is steering you toward a package that is expensive and makes them immediate money. Then they want to manage your wealth and the fees continue for years and you miss out on other opportunities because they want to keep you locked into a deal that keeps them fat and happy! I tell you this as clearly as I can... manage your own wealth and investments! Don't hand the reins over to any of these people. They will leave you dormant and keep you working to build their own business. Learn the skills you need to buy and manage your own investment and do it now.

It is an area that you can become skilled in and if you fail then you only have yourself to blame. My promise to you is that over time you will not fail, you will gain skills and utilise your talents in more than just the 9-5 role so many of us are stuck in. If you have to work on a few weekends or evenings, then do it knowing your buddies are envious and see you as a busy person who is making use of their time well.

If you are a 25-year-old bloke with a job and direction, that is great. Aim to be a 26-year-old with a job, an investment and growing knowledge that will keep you in control of your financial story! **MMH**

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By adding resistance and increasing the difficulty of your standard exercises, you can sculpt a set of enviable abs!

This isn't your regular men's health magazine; this is Men's MUSCLE and Health. We're not here to advocate that minimum effort will get you maximum results in the gym. We know that you don't just want a flat stomach, you want one etched with well defined abdominals and to achieve this you need an anything-but-minimalist attitude to your training. For that three-dimensional look, you're going to need an abs plan that is different to your average Joe Blogg's training routine. So what is the key to the aesthetically pleasing separation you desire? Resistance! Earn more muscular detail by adding weight to your current routine or increasing the level of difficulty. The usual high-rep sets aren't doing much to challenge your abs, which already possess a great deal of endurance. So forget about 'toning' and start training your abdominals like you would any other muscle group – with reps in the 8-12 range to trigger hypertrophy and growth. We've put together the following routine which you can do from the comfort of your own home; all you'll need is a little resistance and a lot sweat!

THE WORKOUT

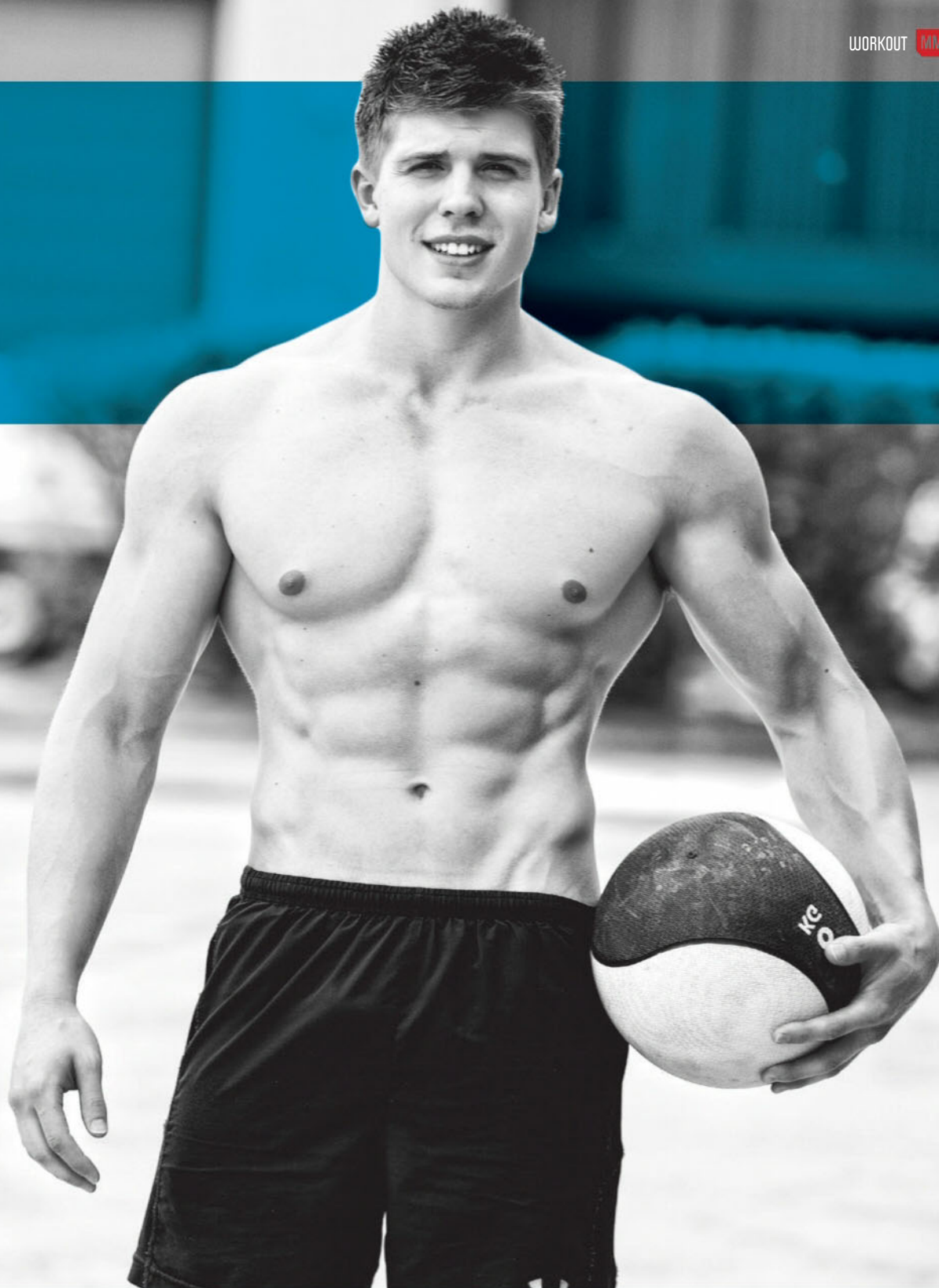
EXERCISE	SETS	REPS	TARGET
Modified Crossover Crunch	3	10	Obliques
Double Crunch	3	12	Upper, Lower
Weighted Sit-up*	3	10	Upper
Reverse Crunch	3	12	Lower

*30-second rest between sets. Try not to rest between exercises, and add resistance to each move once you can complete more than the prescribed number of reps.

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TO SEE MORE



SCULPT THAT



SIX-PACK

Demonstrated by Jordan Metcalfe
Photography by Dallas Olsen
Equipment by Gym & Fitness

Modified Crossover Crunch

Purpose: Frame your six-pack by adding more detail to your obliques with this move

Set-up: Sitting on the floor, use a set of dumbbells to anchor your feet (a barbell or sturdy furniture will work too). Cross your arms over your chest while maintaining separation between your elbows and torso

Action: The angle of your torso should remain constant as you twist slowly to your left. Come to a deliberate stop in this position before returning to centre and stopping again. Now you can perform the same sequence to the right.



Double Crunch

Purpose: This move is a hybrid of the crunch and reverse crunch, requiring a great deal of strength and co-ordination. It will target your entire rectus abdominis.

Set-up: Facing up, lie on the floor with your feet together and your legs straight out in front of you. Raise your legs so they are roughly 10cm off the floor and support the back of your head with your hands.

Action: As you crunch upwards, pull your knees simultaneously towards your chest [as pictured]. At this stage of the movement, your glutes should be raised slightly off the floor. Exhale at the top as you lower your legs and torso back down to start position.



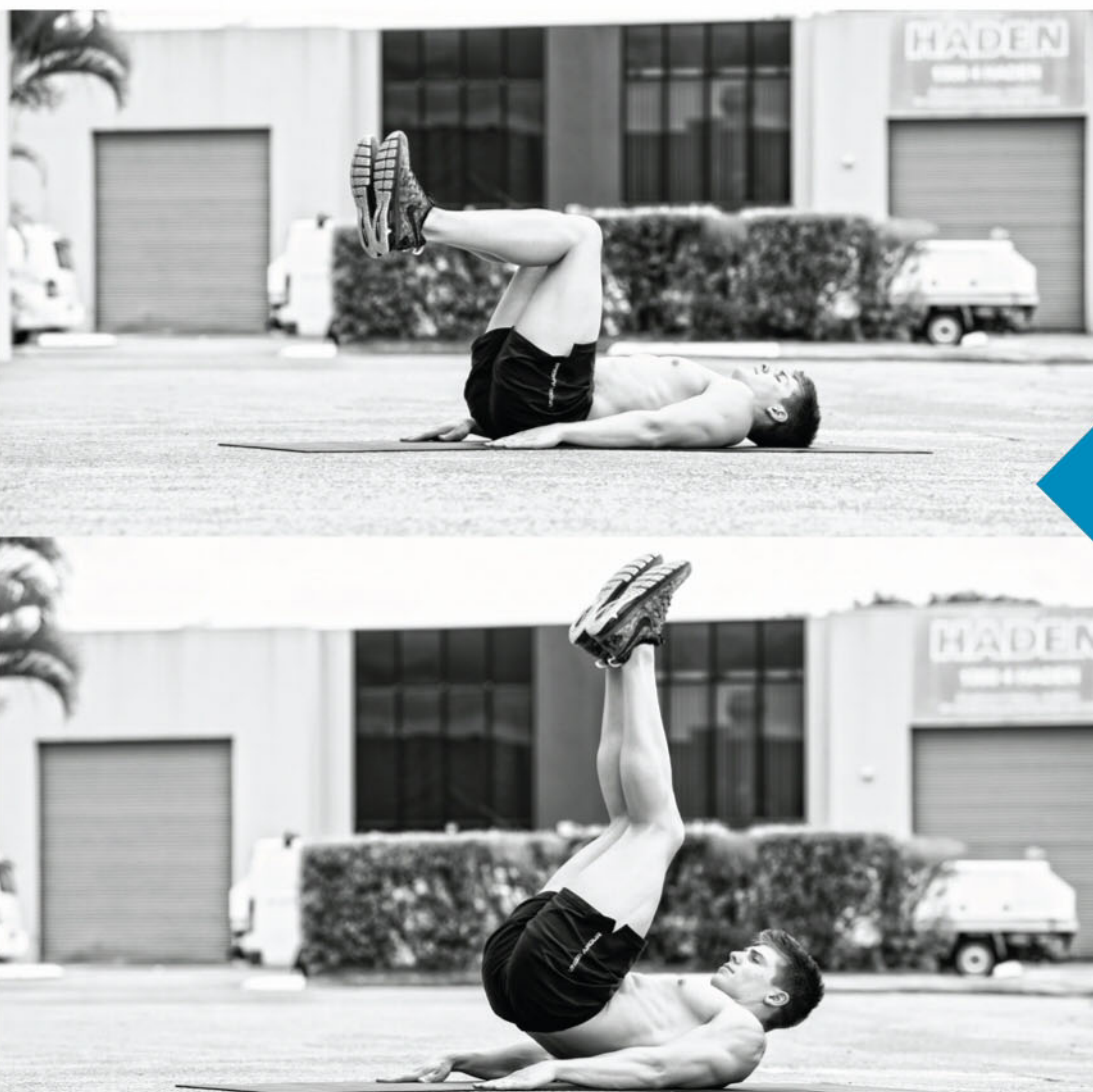
Weighted Sit-up

Purpose: By adding resistance to this classic move, you will put more demand on your upper abs.

Set-up: Sitting on the floor, use a set of dumbbells to anchor your feet (a barbell or sturdy furniture will work too) and hold a medicine ball with two hands above your chest.

Action: Keeping your arms straight above you, flex your abdominals and lift up towards the ceiling. Avoid tucking your chin by maintaining your focus on the medicine ball. Pause at the top of the movement before lowering back down to the starting position.

Tip: For a variation on this exercise, try using a dumbbell or a weight plate. Whichever you choose, ensure you have a strong grip on it before starting the exercise.



Reverse Crunch

Purpose: Hit those hard to target lower abs with the concentrated contraction that occurs in this subtle movement.

Set-up: Lie with your back on the floor, and your arms straight and flat beside you. Bend your knees into table top position (knees bent at a 90 degree angle and shins parallel to the ground).

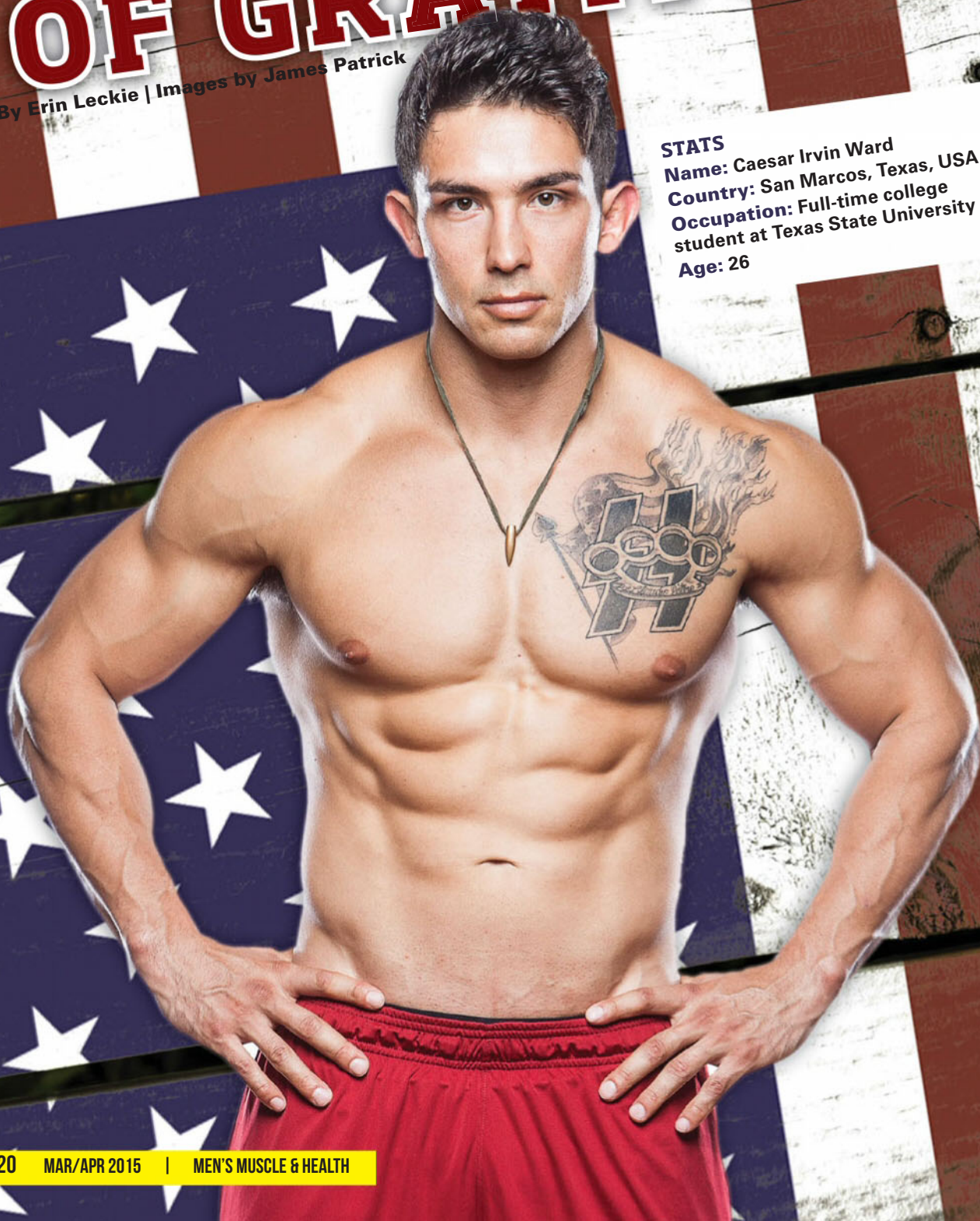
Action: Using your hips and glutes, slowly pivot your knees towards your chest. Use your core strength to move your legs, and try to maintain the bend in your knees throughout the movement.

THE ATTITUDE OF GRATITUDE

By Erin Leckie | Images by James Patrick

STATS

Name: Caesar Irvin Ward
Country: San Marcos, Texas, USA
Occupation: Full-time college student at Texas State University
Age: 26



Think back to the last time you were lacking something...

was it money, time, or maybe motivation? What about food, or clothes on your back? Hopefully for you, it has never been the latter. Although for many people around the world, and even in first world countries such as our own, this is sadly still the case.

For us, the 'lucky ones', we often take for granted the basic things that keep us comfortable: a loving family, a warm bed at night, a belly full of food... (Not to mention more than enough gym clothes to last the week without having to do a load of washing!) But Texas college student Caesar Ward, known best by his middle-name Irvin, understands what it is like to go without such luxuries.

Moving from foster home to foster home, Irvin grew up in houses that sometimes had no electricity or warm water. Everything he owned could fit into one small suitcase. It's no wonder he now exudes gratitude for everything he since been able to accomplish.

"Having to endure all of this has made me the man I am today; it has

given me the inner push to reach and achieve goals instead of being another statistic," said Irvin.

At the start of high school, Irvin was adopted by parents who showed him the meaning of love and family. Finally in a safe environment, he flourished and went on to join the Marine Corp as a scout sniper. While in the Marines, Irvin did two combat deployments to Iraq and Afghanistan and

time, why don't I take it a step further by dieting correctly and hitting the gym harder? That's what got me to start competing."

The aim was to obtain his WBFF pro card, and while Irvin was no stranger to working out, his first training session was bittersweet; knowing just how far he had to go to reach his goals. He started by mixing up his regular workouts and hitting muscle

the best possible role model for his young daughter.

"I want her to know that anything is possible as long as she works hard and gives it all she has. I want her to stick to her goals and dreams and never to give up," said Irvin.

And so in just four short months Irvin found himself on stage being awarded his WBFF Pro Card. While he was overwhelmed by the excitement of achieving his

"Don't give up, ever. You'll have dark times and rough times. Just keep moving on no matter what setbacks you have in life," says Irvin.

"Having gone through all this, I have learnt never to take things for granted and always treat everyone with respect. Life's too short to let your dreams pass you by."

Having been required to be extremely physically fit throughout his adult life and push himself beyond his physical limits as a Marine, a fighter and now professional bodybuilder, Irvin undoubtedly developed a passion for health and fitness along the way. He achieved his goals by working hard and putting in the effort; and by being grateful for all the small things that many people take for granted.

So next time you think you need that new protein shake, that pair of shiny shoes or a new gym bag to get where you want to go, take a step back and look at all the things you already do have. For Irvin, it was a loving family, a wise sister, a proud daughter and a desire to be more than average that was all he needed to step up to the plate and achieve his dreams. ▶

“I HAVE LEARNT NEVER TO TAKE THINGS FOR GRANTED AND ALWAYS TREAT EVERYONE WITH RESPECT. LIFE’S TOO SHORT TO LET YOUR DREAMS PASS YOU ON BY.”

was part of the 29 Palms Fight Team (MMA). His fitness developed over time and through necessity, and when he returned to university, Irvin played a year of college football as a middle linebacker and team specialist.

Each experience presented Irvin with a new opportunity to excel, however it wasn't until a conversation with his younger sister that really brought his goals into focus.

"She brought to my attention that I work out all the

groups that he hadn't trained before.

"I learnt the importance of crafting the body and how monitoring your inputs will affect the body and how it will react in time," explains Irvin.

With each of his previous experiences Irvin had honed his discipline, and found that preparing for his first bodybuilding competition would require nothing less. He was motivated by the thought of being

goal, he maintains that his greatest accomplishment by far was his Navy Marine Corp achievement, which he received for saving lives and performing duties as a Marine scout sniper.

For someone who has come from a place of little to a place of abundance, Irvin believes that having an attitude of gratitude and staying consistent are the greatest factors in achieving your goals, no matter what they are.

IRVIN'S GET RIPPED PROGRAM

MONDAY	EXERCISE	SET ONE	SET TWO	SET THREE	SET FOUR
	Incline dumbbell chest press	6/8/10	6/8/10	6/8/10	6/8/10
	Bent-over cable flye – mid	20	20	20	20
	Flat bench d'bell chest press	6/8/10	6/8/10	6/8/10	6/8/10
	Champagnes	20	20	20	20
	Front deltoid raise	6/8/10	6/8/10	6/8/10	6/8/10
	Seated shoulder press	30	30	30	30
	Seated lateral raise	30	30	30	30
	Cable crunches	20	20	20	20

TUESDAY	EXERCISE	SET ONE	SET TWO	SET THREE	SET FOUR
	Close leg squat	6/8/10	6/8/10	6/8/10	6/8/10
	Leg extensions	20	20	20	20
	Wide grip pull-ups	8	8	8	8
	Wide grip pull-downs	6/8/10	6/8/10	6/8/10	6/8/10
	Lying leg press	6/8/10	6/8/10	6/8/10	6/8/10
	Leg extensions	20	20	20	20
	Bent over dumbbell row	6/8/10	6/8/10	6/8/10	6/8/10
	T bar row	20	20	20	20

WEDNESDAY	EXERCISE	SET ONE	SET TWO	SET THREE	SET FOUR
	Upright row	6/8/10	6/8/10	6/8/10	6/8/10
	Lateral rise	20	20	20	20
	Lying hamstring curl	6/8/10	6/8/10	6/8/10	6/8/10
	Stiff leg deadlift	8	8	8	8
	Seated shoulder dumbbell press	6/8/10	6/8/10	6/8/10	6/8/10
	Front deltoid raise	20	20	20	20
	Seated hamstring curl	6/8/10	6/8/10	6/8/10	6/8/10
	Rear delt flye	6/8/10	6/8/10	6/8/10	6/8/10
	Hanging leg lifts	30	30	30	30

THURSDAY	EXERCISE	SET ONE	SET TWO	SET THREE	SET FOUR
	Incline dumbbell chest press	6/8/10	6/8/10	6/8/10	6/8/10
	Bent-over cable flye – mid	20	20	20	20
	Flat bench d'bell chest press	6/8/10	6/8/10	6/8/10	6/8/10
	Champagnes	20	20	20	20
	Front deltoid raise	6/8/10	6/8/10	6/8/10	6/8/10
	Seated shoulder press	30	30	30	30
	Seated lateral raise	30	30	30	30
	Cable crunches	20	20	20	20

FRIDAY
REST DAY

SATURDAY
REPEAT MONDAY

SUNDAY
REPEAT TUESDAY





“HAVING TO ENDURE ALL OF THIS HAS MADE ME THE MAN I AM TODAY; IT HAS GIVEN ME THE INNER PUSH TO REACH AND ACHIEVE GOALS INSTEAD OF BEING ANOTHER STATISTIC.”

A CASE FOR UNILATERAL TRAINING

DISCLAIMER: The following article is the author's personal opinion and does not necessarily reflect that of the management of Men's Muscle & Health.

BY DARREN VARTIKIAN

■ WHAT IS THE MOST EFFICIENT AND PRODUCTIVE WAY TO CARRY OUT RESISTANCE TRAINING EXERCISE?

People who use resistance training as a form of exercise generally set out to achieve their goals with great passion and conviction. Unfortunately, most do so without first having a calculated structure and organisation that provides direction, guidance and a rationale for what they are doing.

The following article will endeavour to outline the safest, most productive way of carrying out resistance training exercise, allaying reasons why one method of training should be encouraged and adopted and another avoided—complete with logic and facts.



Photo Credit: Dallas Olsen | Fitness Model: Taylor Kleinberg



"Bilateral training enables an individual to lift a greater amount of weight, resulting in quick gains in size, power and strength. Unfortunately, this can also have negative consequences."

BILATERAL RESISTANCE TRAINING

Traditionally, resistance training exercise is executed in a bilateral fashion using nominated corresponding prime moving muscles on either side of the body. The barbell bench press, barbell deadlift and barbell biceps curl are just a few examples of common bilateral exercises.

There is no doubt that bilateral training is a very fast way of achieving muscle size, power and strength. Unfortunately, the desired results can also cause collateral

damage – structural injuries to muscles, joints, connective tissue and nerve fibres.

There is also the financial burden to rectify related injuries (medical and therapeutic practitioner costs) and the psychological frustration due to physical pain or exercise restriction, which can be long-term.

One way to describe the potential risks of bilateral training is to compare it to someone using a shotgun for target practice. Many pellets or bearings encased in the bullets would be dispersed during the shooter's attempts to hit the bullseye, causing unintended damage to

the rest of the target in the process.

Damage to the body (whether short-or long-term) – in the form of soft tissue tears and strains, bone degeneration or general aches and pains caused as a result of bilateral training – results from one of two things:

- » repetitive strain to the muscles, joints and connective tissues
- » an imbalance of muscle development or strength and conditioning that ultimately relate to inappropriate and inefficient movement patterns

Exercising muscles bilaterally increases the compensatory effect, hampering one's awareness and eliminating the ability to correctly analyse strength, weakness and the injury potential of corresponding muscles either side of the body.

Unfortunately, this can also have negative consequences:

- » It can lead to the formation of dangerous weightlifting habits, such as using accelerated momentum (through bouncing, swinging or thrusting of a weight) to try to overcome mechanical disadvantage. Moving a weight using accelerated momentum bypasses two of the body's natural protective mechanisms – muscle spindles and golgi tendon organs – increasing the risk of injury
- » It increases the potential for hyper-stimulation of the nervous system, increasing the risk of exhaustion or burnout to the body as a whole and necessitating the need for more rest. Consequently, progress is slowed

CONTINUED ON FOLLOWING PAGE



- » Lifting greater weight increases training intensity, energy expenditure and the length of rest periods, making movement between sets and exercises slow. This leads to longer time spent working out
- » The need for a safety net (in the form of a spotter) is synonymous with bilateral training. Lifting heavy weights necessitates having someone close by in case help is required. This means either having to rely on a training partner or constantly having to ask someone for help (which may annoy the person asked).

UNILATERAL RESISTANCE TRAINING

All bilateral muscles function independently. In many instances, they do so during everyday activities such as walking, running, swimming, writing, eating and so on, when

using one limb at a time.

Recognising, therefore, what is already a natural process of independent function, one should view that all resistance training be executed in a unilateral fashion – one side and one muscle at a time.

Unilateral resistance training allows a prime moving muscle to function in its most natural path of movement, accurately co-ordinating body parts to capitalise on leverage and balance, so that replication of precise biomechanics can be attained for maximum results and safety during an exercise.

This type of training is highly advantageous during instances when a prime moving muscle may execute more than one action or function, allowing the corresponding muscle on the other side of the body to work independently and efficiently, without competition or compromise.

Everyone, be they male or female, young or old,

elite athlete or resistance training novice, can reap the benefits that unilateral resistance training has to offer.

For example, unilateral resistance training is an ideal way to introduce the elderly to resistance exercise, as it comes without the stigma of intimidation often associated with traditional bilateral resistance training – such as a fear that lifting a weight may harm or injure.

It is also useful in rehabilitation, providing essential, direct and specific control of muscle movement.

Unilateral resistance training defies any perception that resistance exercise is a time-consuming, boring chore that will only cause acute or chronic injury.

Note: No matter what the goal, the end result of any form of resistance training exercise should be about creating and maintaining a healthy state of mind and body. The body is designed so that its natural warning

system of malfunction will activate – as pain, swelling and discomfort – if inappropriate resistance exercise is executed. Ignoring warning signs will ultimately lead to varying degrees of short- and long-term structural damage.

Unilateral resistance training offers many benefits. The most valuable one, compared with additional bilateral resistance exercise, is awareness. Awareness includes knowledge about the strength or weakness, and overall function, of a prime moving muscle. This insight allows precise analysis, empowering an individual with information about related issues and areas of the body, and expediting assessment and comparison.

Unilateral training transfers complete ownership of a resistance weight used during an exercise exclusively onto a single prime moving muscle, heightening the need for greater focus, which in turn decreases the contribution from accelerated momentum.

The reason some injuries occur in striving to develop balanced muscles is accelerated momentum. This generally occurs as a result of muscle exhaustion, imbalance in muscle strength, poor mental focus or just plain ego. A classic example of accelerated momentum is this: an individual executing a barbell curl with too much weight begins to generate movement through the hips, back and shoulders to raise the weight, instead of the intended prime moving biceps muscles.



“Unilateral training keeps the prime moving muscle ‘honest’: it eliminates the lifting of unrealistic amounts of weight and places limbs, joints and muscles in the best possible leverage position.”

Unilateral training keeps the prime moving muscle 'honest': it eliminates the lifting of unrealistic amounts of weight and places limbs, joints and muscles in the best possible leverage position so that optimal strength during an exercise can be attained.

A muscle may carry out multiple actions, necessitating movement in varied directions and angles. Unilateral training accommodates this perfectly, accurately co-ordinating body parts free of restriction for optimal function and injury reduction. That same versatility enables a prime moving muscle to be isolated during an exercise so as to precisely target a contraction of aspects that relate to the upper, lower, outer and inner fibres; this increases the potential for complete development of a muscle's size and strength.

Symmetry, in the context of resistance training, means that the muscles either side of the centre of the body are similar in appearance (size and shape) and function. They are mirror images, thus improving overall balance and structural integrity of the body. Barring genetic factors, unilateral training enables superior muscle development.

Time is a precious commodity most people cannot afford to waste, making unilateral training the ideal form of resistance training for those with a busy lifestyle. A unique aspect of unilateral training is the allotted time of a workout. At face value, unilateral training might seem time-consuming;



in fact, the opposite is true. The isolating nature of this type of training means reduced resistance weight which, in turn, decreases the exhaustion of the body as a whole. This enables faster recovery, and shorter rest periods between sets and exercises, resulting in a reduced workout time.

Prevention of injuries is a critical and integral feature of unilateral training. This is achieved by distributing resistance weight and muscle-generated force through a natural movement pattern, which protects muscle, joints and connective tissue.

Motor units are another element of injury prevention and balanced muscle development. A single motor neuron that connects to skeletal

muscle fibres is referred to as a motor unit; it is the communication link between the brain and skeletal muscle, enabling muscular contraction. Skeletal muscles are made up of multiple motor units, making varied movement patterns a necessity, so that the total contraction and stimulation of a prime moving muscle occurs. This guarantees proper development. Unilateral training is the appropriate method to achieve this objective.

Relying on another person to assist during a workout can be very frustrating. You have to arrange a time to meet, and the other person needs to turn up on time. An even greater concern for many is asking for assistance from someone they don't know. There may

be concern, for instance, about the individual's level of experience with resistance training exercise. Exercising one limb at a time affords the opportunity, circumstances permitting, of using the opposing limb (or other limbs not being used to assist during an exercise); this eliminates the burdensome need to rely on others.

Unilateral training is safe, efficient and productive in its method for achieving optimal muscle development and long-term structural integrity and longevity.

MMH

REFERENCES

¹ Vartikian D 2013. *The Biomechanically Correct Training System: The thinking person's guide to unilateral resistance training*. Section 1: Biomechanically Correct Resistance Training. Sydney: Triangle of Health Publishing. p.3.

COOL STUFF



Out From The Shadows

Elevating expectations for lifestyle sunglasses, Dragon introduces the Shadow Collection. Comprising three bold silhouettes - the DS1, DS2 and Mansfield - the Shadow Collection takes design cues from Dragon's award-winning frameless lens technology with a unique shield lens that creates a sleek, sophisticated aesthetic. This is combined with hand-made, Italian-crafted frames and the assurance of the premium quality Dragon is known for. The name aside, this distinctive collection is for those looking to set themselves apart from the crowd.

Now unveiled online and in all the best eyewear retailers across Australia and New Zealand. Visit www.dragonalliance.com for more information.



Boost Your Running Style

Love running? Then the adidas Energy Boost shoe is for you. The unique BOOST technology (in the midsole) is like nothing ever seen before in any other running brand. The entire mid-sole of the shoe is made up of small "popcorn-like" capsules which, when compressed in each running stride, provide runners with endless energy.

Available in red, white and black from adidas.com.au and adidas Sport Performance stores. RRP: \$180

Stay Fit Smart

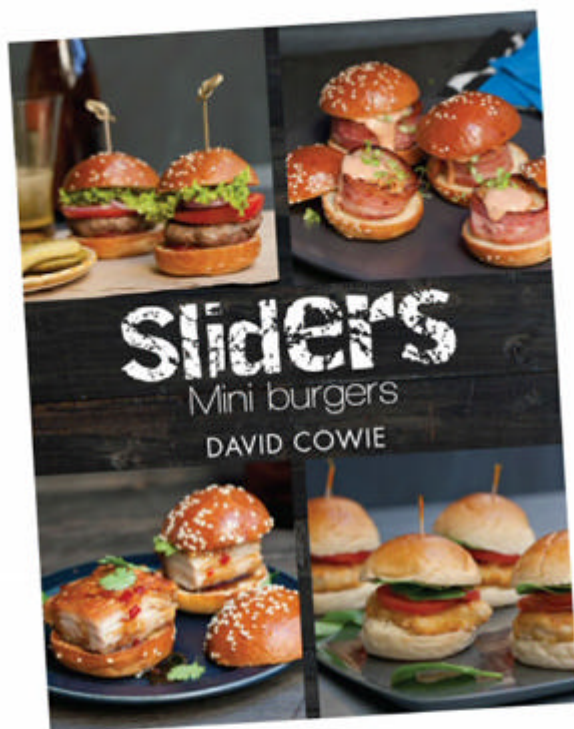
Adidas has released the latest addition to its growing miCoach digital fitness ecosystem with the introduction of FIT SMART; a workout intensity training device that measures heart rate, calories, pace, distance and stride rate, all from the wrist.

Designed for running, training and fitness, FITSMART is unlike many of the activity trackers on the market today as it measures heart rate response to physical activity and then guides the user to train at the right

intensity for the best results. Weighing in at 58 grams, FIT SMART offers unparalleled comfort and fit with a soft-touch silicon strap. A distinct LED light array provides at-a-glance visual guidance on the user's current workout intensity presented in colour zones: blue, green, yellow and red. Vibration and visual prompts provide feedback and coaching so the user can make the most out of every workout.

Available from adidas.com.au RRP: \$250





Manly Appetisers

Sliders (mini burgers) are the best food for entertaining, whether you are hosting a dinner party or just having a few friends over to watch the game. Sliders by David Cowie has easy-to-follow recipes with instructions for making your own delicious burger buns such as crusty soft buns, wholemeal or even gluten-free buns. With a range of diverse fillings such as seafood, meats and vegetables, you can create sliders for any time of the day including egg-and-bacon breakfast sliders or even ice-cream sliders for dessert. These mini burgers make the perfect finger food, whether it's for a backyard barbecue or a fancy cocktail party.

RRP \$19.95



Gone Camping

The North Face's Base Camp Duffel Bags have been created with today's adventure traveller in mind. If you need to pack for a spur-of-the-moment weekend escape then these classically designed bags are for you. The Base Camp Duffel bag is sturdily constructed and features alpine-cut shoulder straps, a D-zip with zipper flap, internal mesh pockets and four compression straps.

Made from a durable laminate ballistic nylon and beefed up with extra bar tacks and double stitching, this juggernaut of a bag is resilient enough to take any punishment that baggage handlers or uncooperative pack animals can throw at it. Handles and straps abound so you can throw it on your back, tote in your hands or drag across the airport concourse.

Available from www.paddypallin.com.au RRP \$139.95



The Lace Advantage

Sick of having to stop to retie your undone shoe laces? Still dealing with the dreaded double knot?

How would you like the peace of mind knowing, when you are running or playing sport, that your laces will be the last thing you have to worry about. Feel safe and distraction-free knowing your laces will stay tied all day, all race, every shoe... every time!

Safe Lace completely eliminates untied laces and makes sure that once they are tied tight, they stay that way with absolutely no need for a double knot! Safe Lace your shoes, eliminate the double knot and untied laces with one simple but extremely effective solution.

Safe Lace is available online at www.safelace.com.au for only \$12.95 per pair and come in a range of six different colours.

AHEAD OF THE TREND

Fashion reporter Craig Lawson discovers a brand with attitude and a strong urban influence.

Melbourne-based brand Nada Igual burst onto the fashion scene in 2012 with an innovative and edgy clothing range for men.

In Spanish, Nada Igual means Nothing Equal. The word 'nothing' being the cornerstone influence of what they do, Nada Igual strives to offer fresh and exciting garments that are nothing like you've worn before.

The label was created for men who differ from the norm - a man who is not led by trends, never fears rejection and regret is not in his vocabulary.

Nada Igual quickly attracted a loyal fan base and has continued to build a solid reputation for creating edgy, men's streetwear with a modern twist.

Each season they release wardrobe staples mixed with statement pieces such as tank tops, singlets, printed tees and shorts.

The Nada Igual logo has become a feature of all their garments, which are designed and made in Australia.

To ensure they are the brand on everyone's mind Nada Igual host fierce fashion runway shows with celebrity guests making a front row appearance. Held in rustic industrial buildings and featuring athletic, tattooed men walking the runway, these shows reflect the brand's street-style attitude mixed with a strong urban influence and modern edge. **MMH**

HOW TO WEAR IT

The beauty of this label is that it's full of individual pieces that can fit into your wardrobe with ease. They commonly use neutral colour tones that are very masculine in white, grey and black. So don't be afraid to mix it up with some colour from your existing wardrobe as it's always important to add your own sense of style.

For a sophisticated look, team a printed tee with a fitted blazer, dress pants and dress shoes. Their tees also work perfectly with denim or shorts. To add personality, throw a waistcoat over a tee and pair with coloured pants.

A new trend to emerge has been the blazer or dress jacket with shorts. This looks great for a dressed-up daytime look and will have you feeling fashion-forward.

Been working hard at the gym? Then make sure to show off your efforts with one of their tank tops or singlets.

When it comes to footwear just go with the flow as anything goes; sandals, sneakers or dress shoes all look great with this style of clothing.



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THE CARB DEBATE: FRIEND OR FOE?

BY SONNY BROWN

In a world where nutritional information changes daily, marketing is king and the whisper of a low-carbohydrate intake can incite great animosity, it can be a little tricky to figure out what will actually get you the results you desire. Have no fear! As long as you are willing to do the hard work, this article will provide the best nutrition strategies to take you to the next level. ▶



Photo Credit: Shutterstock.com

1 **ENHANCE PERFORMANCE BY STRATEGICALLY USING CARBS AND PROTEIN FOR ENDURANCE AND HIGH-INTENSITY SPORTS.**

Sports nutritionists have long relied on the supremacy of carbohydrates for optimising athletic performance. In point two, another vein of thought will be presented, but the benefits of carb supplementation for the majority of athletes are presented here.

The body stores carbs in the form of liver (about 100g) and muscle (350-700g) glycogen. When an athlete eats a relatively high-carb diet, they will preferentially burn carbs for fuel during exercise, making glycogen an essential fuel source. Because the body has limited glycogen stores, performance is limited during endurance and high-intensity efforts.

Supplementing with carbs can enhance

endurance performance in certain situations:

- For endurance exercise lasting more than two hours, carbs are indicated.
- A large review found the greatest benefit of a 6.5 per cent increase in performance from taking 0.9g/kg/hour of exercise of carbs with 0.2g/kg/hour of protein.
- For high-intensity sports, small amounts of carbs or a carb mouth rinse are indicated (for longer than an hour, try 60g/hour).
- For recovery during multi-day competition, up to 1.2g/kg/h of carbs is recommended. Adding protein will reduce the carb dose needed and enhance uptake. Depending on diet, a range of ratios from 2:1 to 4:1 carbs to protein is beneficial.
- Carbs aren't recommended for high-intensity workouts shorter than 30 minutes.
- Solid, liquid and gel carbs are equally effective. A dual form of carbs from glucose and fructose is recommended to refill muscle and liver glycogen stores.

2 **DON'T BE A SLAVE TO CARBOHYDRATES: THE CASE FOR METABOLIC FLEXIBILITY.**

Research into low-carb and ketogenic diets suggests an alternative to relying on carb supplementation to enhance performance. Results have been mixed, which is likely due to the fact that true adaptation to low-carb diets takes

place over a year or more and requires specific training protocols to shift the body's dependency from glycolytic to burning fat. (Glycolysis is the metabolic pathway that produces energy (called ATP) from carbohydrates).

The theory of low-carb diets for performance is based on the "train low, compete high" protocol in which athletes train on a low-carb diet to allow their bodies to adapt to be able to readily burn fat; this is called 'metabolic flexibility'.

Glycogen only makes up 5 per cent of our fuel stores, but fat stores more than double that, providing you with a nearly limitless energy source for exercise. The benefits of increased metabolic flexibility include the following:

- The ability to spare glycogen and burn fat during the earlier stages of an endurance event so that glycogen can be used in the later stages once fatigue sets in.
- A lower respiratory quotient, which correlates with the body's ability to burn carbs. If done in a proper cyclical fashion with carb re-feeds, testosterone may be elevated because there is a close correlation between a lower respiratory quotient and higher testosterone.
- Endurance athletes report enhanced concentration and ability to train longer for a higher intensity with low-carb diets.
- Pure strength sport athletes may benefit from low-carb diets,

CONTINUED ON NEXT PAGE ➔

"FOR ENDURANCE EXERCISE LASTING MORE THAN TWO HOURS, CARBS ARE INDICATED."



however, athletes in power sports that have an endurance component such as MMA and most field sports won't.

The diverse effects of low-carb diets on performance can be seen with a series of recent studies. In one, trained college students who ate a low-carb diet for seven days (5.4 per cent carbs, 35.1 per cent protein and 53.6 per cent fat) delivered a slightly better performance on strength and power tests compared to a regular diet. Vertical jump, bench press, squat, and a 30-second cycling sprint were tested.

Similar results were seen in elite male gymnasts on a 30-day ketogenic diet who maintained performance on strength and short-duration power tests. Squat jump, vertical jump, chin-ups, push-ups and bar-dip performance revealed identical results to the low-carb and normal diet study.

However, these strength tests do not mimic the real-life metabolic requirements of gymnastics as can be seen in another study of elite female gymnasts. It was found that giving them a carb solution after an exhaustive circuit resulted in fewer falls during balance beam exercises than a placebo.

This study suggests that for longer duration and repetitive exercise, particularly with a precision component, carbohydrates are recommended because they make extra glucose immediately available to the brain for better neuromuscular performance.



So, carbs can be your friend – just don't be a slave to them. Get metabolically flexible so that your body can burn fat when needed. If you try a low-carb diet and your performance drops, then eat carbs!

3 WORKOUT NUTRITION CAN HELP YOU OVERCOME BRAIN INCOHERENCE, OR THE POINT WHEN THE BRAIN RUNS OUT OF GLUCOSE AND TELLS YOU, "I'M DONE!"

Muscle glycogen stores are not depleted with exercise for durations of less than an hour, regardless of the intensity, so glucose should not be a limiting factor. However, research shows supplementing with carbs can still enhance intense, shorter

duration performance, as demonstrated in the study with the female gymnasts on the balance beam in point two.

Scientists believe that these gymnasts experienced fewer falls from the balance beam because the carbs they consumed activated a central nervous system drive in the brain for better precision and focus. Carbs allow you to overcome the limiting factor of your brain telling you "I'm done."

For example, using a carbohydrate mouth rinse, in which you take a carb solution into your mouth and then spit it out, was found to improve time trial performance by 2.8 per cent. No carbs were ingested into the

body so blood sugar was not affected.

Scientists possibly believe the underlying causes for this are receptors in the oral cavity that are able to sense the upcoming availability of glucose and communicate it towards the brain even if additional glucose is not present. This allows for greater central drive from the brain so that you can keep going.

Other studies have found that artificial sweeteners like aspartame do not activate the brain. But caloric sweeteners do, indicating that our bodies may be smarter than we think! The effect of carb rinses appears to vary based on training status and whether you train fasted or fed.

For example, untrained subjects boosted performance equally when using a carb mouth rinse in the fasted and fed states. Therefore, carb rinses may allow people who are trying to lose fat to train at a higher intensity for longer without needing to actually consume extra carb calories. ▶



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4 ARE CARBS AND PROTEIN ESSENTIAL TO BUILD MUSCLE? PROTEIN YES, CARBS NO, BUT THEY CAN IMPROVE THE TESTOSTERONE TO CORTISOL RATIO, AND MAXIMIZE STRENGTH GAINS.

Taking protein or amino acids will give you greater muscle and strength gains over taking nothing or supplementing with carbs alone. Whey protein is a superior protein source and research shows that a dose of 25g of whey will optimally enhance protein synthesis post-workout in most trainees.

A larger dose may be warranted depending on

age, training status and how much protein you eat in your diet. If you opt for straight amino acids, a threshold dose of 10g of essential amino acids containing at least 4g of leucine is indicated.

Research shows carbs are not necessary to maximally trigger protein synthesis. A recent study found there was no difference in muscle protein synthesis or protein balance when 25g of whey protein or the same dose of whey with 50g of carbs were supplemented after strength training.

Many trainees believe that the extra insulin spike that comes with

the carbs will further enhance muscle building, but this is not supported by research. However, it is possible that taking carbs with protein over the longer term has some additive effect on muscle gains by enhancing the hormonal environment, but the acute protein synthesis response doesn't illustrate this.

For instance, taking workout carbs can lead to a lower cortisol response to training, thereby enhancing recovery. A recent study found that when untrained men took glucose with whey protein after hypertrophy-style training for 12 weeks they had significantly lower

cortisol than a group ingesting only protein.

In addition, the protein-carb group also gained slightly more maximal strength than the protein-only group, providing support for using carbs if the main goal is strength. A research review concurs, with the greatest strength and muscle gains coming from taking 1.2 to 2 grams/kg of protein and 44 to 50 calories/kg of body weight.

5 IF YOUR PRIMARY GOAL IS FAT LOSS, AVOID CARBS. DUAL TRAINING GOALS SUCH AS FAT LOSS AND GAINING MUSCLE MAY WARRANT CARBS.

If your goal is fat loss, post-training carb supplementation is not necessary since we know it's not needed to trigger protein synthesis. Opt for one protein shake post-workout. Avoid taking protein multiple times during the day because whey protein in particular elicits a large insulin spike, which is not beneficial for fat loss.

Situations in which carbs can be beneficial include the following:

- If you have dual goals of fat loss and building muscle or strength and are lifting to failure, carbs or a carb mouth rinse may help you train through those messages from your brain that tell you "I'm done."
- If you're an athlete who is trying to lose fat but also train for performance, carbs may support work capacity and training intensity, while enhancing recovery by lowering cortisol.

"IF YOUR GOAL IS FAT LOSS, POST-TRAINING CARB SUPPLEMENTATION IS NOT NECESSARY SINCE WE KNOW IT'S NOT NEEDED TO TRIGGER PROTEIN SYNTHESIS."



"PERFORMANCE AND BODY COMPOSITION RESULTS COME FROM SOLID TRAINING PROTOCOLS, A LOT OF HARD WORK, AND SMART NUTRITION STRATEGIES THAT MAXIMISE WORK CAPACITY, RECOVERY, AND HORMONAL BALANCE."



- Research suggests that moderate calorie restriction yields better fat loss and performance results than severe calorie restriction in athletes. Therefore, post-workout carbs may be beneficial because the body is primed to replenish glycogen rather than store fat during the post-workout "window." For instance, reducing calories by 450 a day (moderate) allowed athletes to lose 31 per cent body fat, gain 2.1 per cent muscle, and maintain strength. A second group that reduced calories by 900 a day (severe), lost only 21 per cent body fat, gained no lean mass, and had poorer performance at the end of the study.

THE BOTTOM LINE: You can't out-train a bad diet, but you also cannot out-diet a lack of effort. Performance and body composition results come from solid training protocols, a lot of hard work, and smart nutrition strategies that maximise work capacity, recovery, and hormonal balance. Set your goals, follow through and reach your potential. Good luck! **MMH**

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BROOKE

TURNER

PHOTOGRAPHY BY
Charlie Suriano Photography
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Shannon Palmer

Brooke Turner is one tall, tanned, toned and totally brainy Aussie babe! Not only does she work full-time for a large mining company in the hot and dusty northwest of Western Australia, she is also a Les Mills group fitness instructor and manages to run a number of Body Attack classes each week. On top of this, Brooke is completing her Masters in Human Nutrition and runs a part-time business specialising in personalised nutrition plans, training programs and competition prep packages.



NAME: Brooke Turner**AGE:** 26**HEIGHT:** 173cm**HOMETOWN:** Karratha, Western Australia**OCCUPATION:** Health and hygiene advisor**How do you stay in shape?**

I love being physically active and working up a sweat. I am a much happier person if I have trained! I am a morning person and love getting my workouts in early; generally a steady run and then fit my weights in.

What's your favourite food?

One of my favourite meals would have to be grilled salmon with a chilli mango salsa served with a fresh salad. Treatwise I can't go past Allen's party mix, marvellous creations chocolate and mum's homemade cheesecake – I'm definitely a sweet tooth!

What is your favourite body part to train?

Shoulders and legs. My favourite exercise for legs is the walking lunge - a great compound exercise as it recruits your quads, glutes, hamstrings and calves and is great to keep your heart rate up while training. For the shoulders - seated lateral raises. Everyone loves a capped shoulder and doing this exercise seated helps to isolate the lats and stop you from recruiting other muscle groups to complete the move.

What body part do you love most on a man?

A good smile, strong shoulders and back.

What do you do for fun?

Anything active, coastal and outdoors, be it boating, beaching, surfing, stand-up paddle boarding, hiking or camping. I love spending time with my family and friends, backyard BBQs and getting creative in the kitchen trying to come up with new, nutritious recipes.

What characteristics do you most look for in a partner?

Funny, attractive, smart, loyal, a handy man – someone who can fix everything, adventurous, enjoy keeping fit and healthy.

What is your claim to fame?

I am a proud Maxine's Burn-sponsored athlete; it is amazing to be part of such a fantastic team and brand. I was also a state sprinter 200m and 400m! **MMH**





EXHALE

— *With Greg Plitt*

"The strong physique that you aspire to have reflecting back to you in the mirror begins and ends with a strong mindset. If you believe you can do something, your body will figure out a way to make it happen." - **Greg Plitt**



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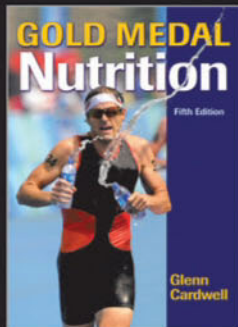
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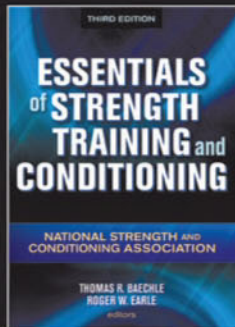
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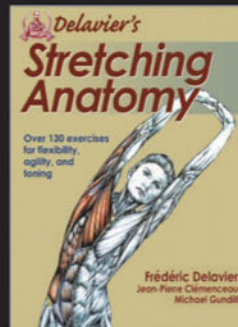
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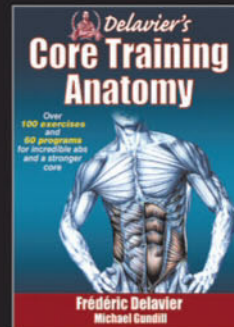
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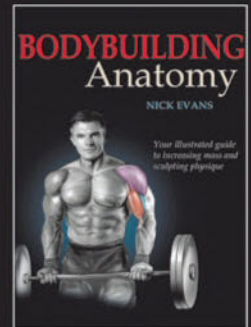
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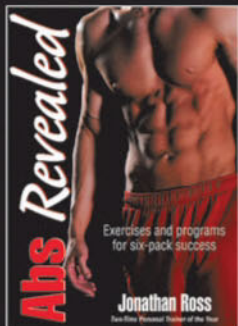
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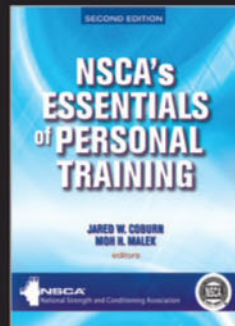
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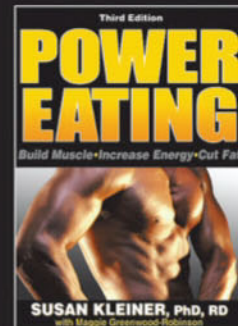
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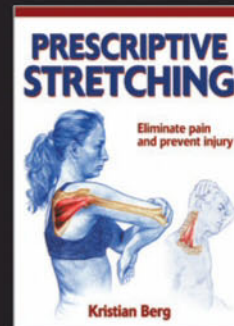
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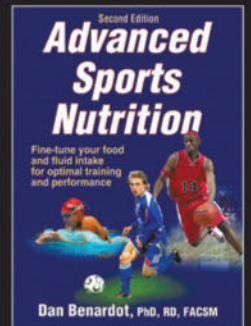
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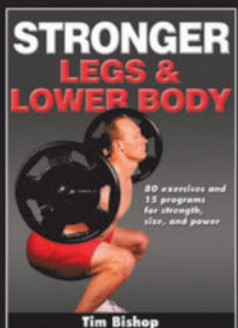
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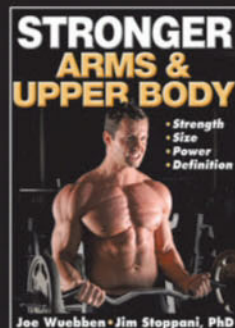
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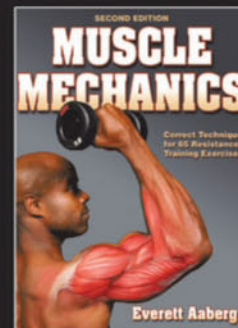
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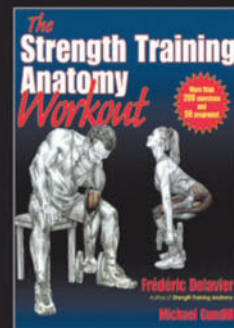
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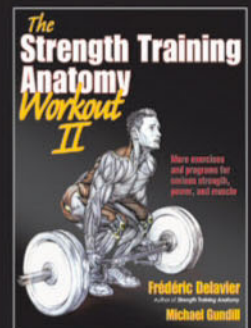
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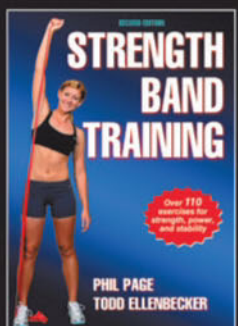
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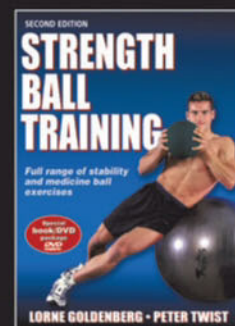
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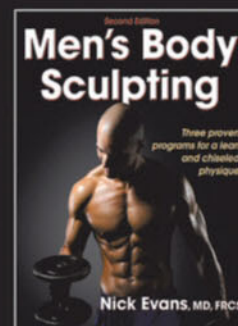
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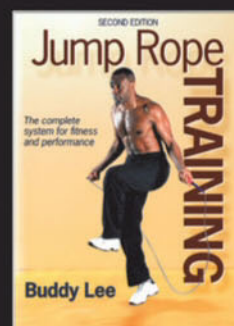
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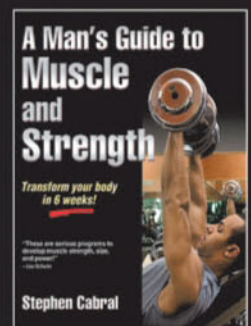
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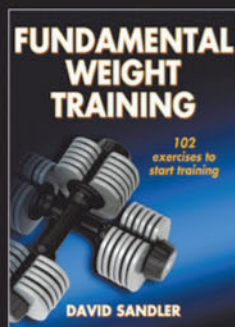


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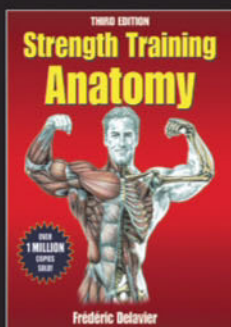


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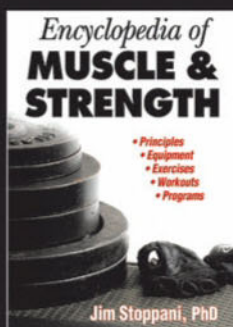
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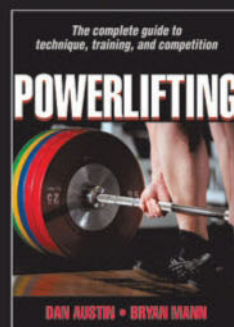
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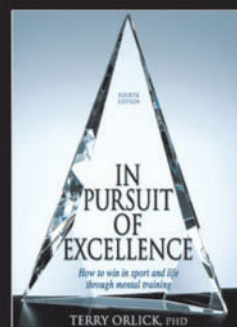
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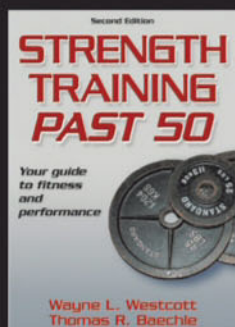
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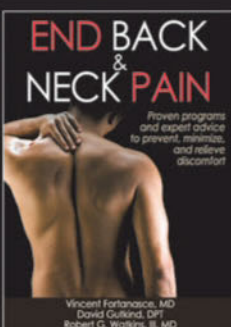
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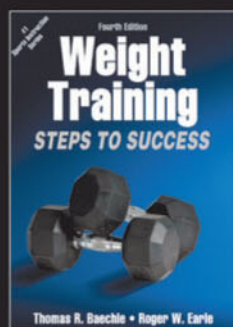
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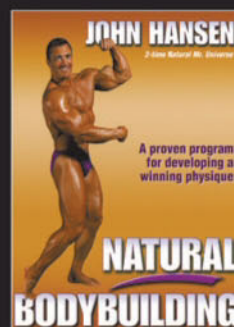
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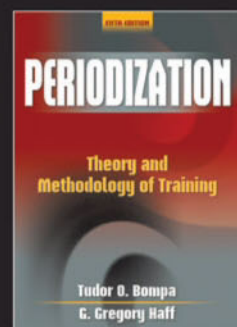
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